• BELLA DIET SPECIAL • BELLA DIET SPECIAL • BELLA DIET SPECIAL • BELLA DIET SPECIAL • BELLA DIET SPECIAL •

2 JANUARY – 4 FEBRUARY 2025 • £2.60

Bella MONTHLY

DIET SPECIAL

BETTER BODY, BET MIND

nutra check

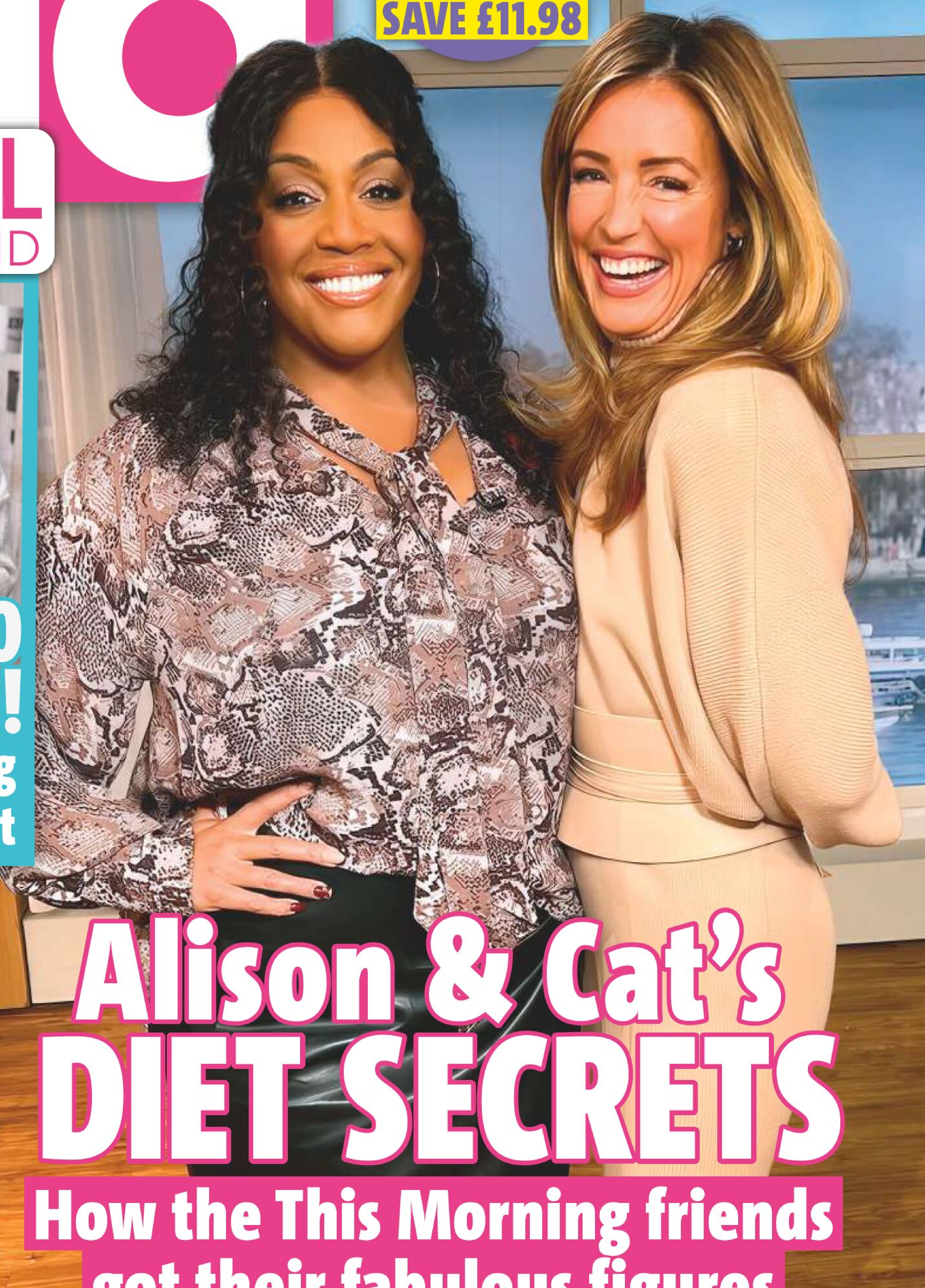
FREE WEIGHT-LOSS PLAN INSIDE!

SAVE £11.98

01
9 772632 950060
BELLA MONTHLY: DIET JAN

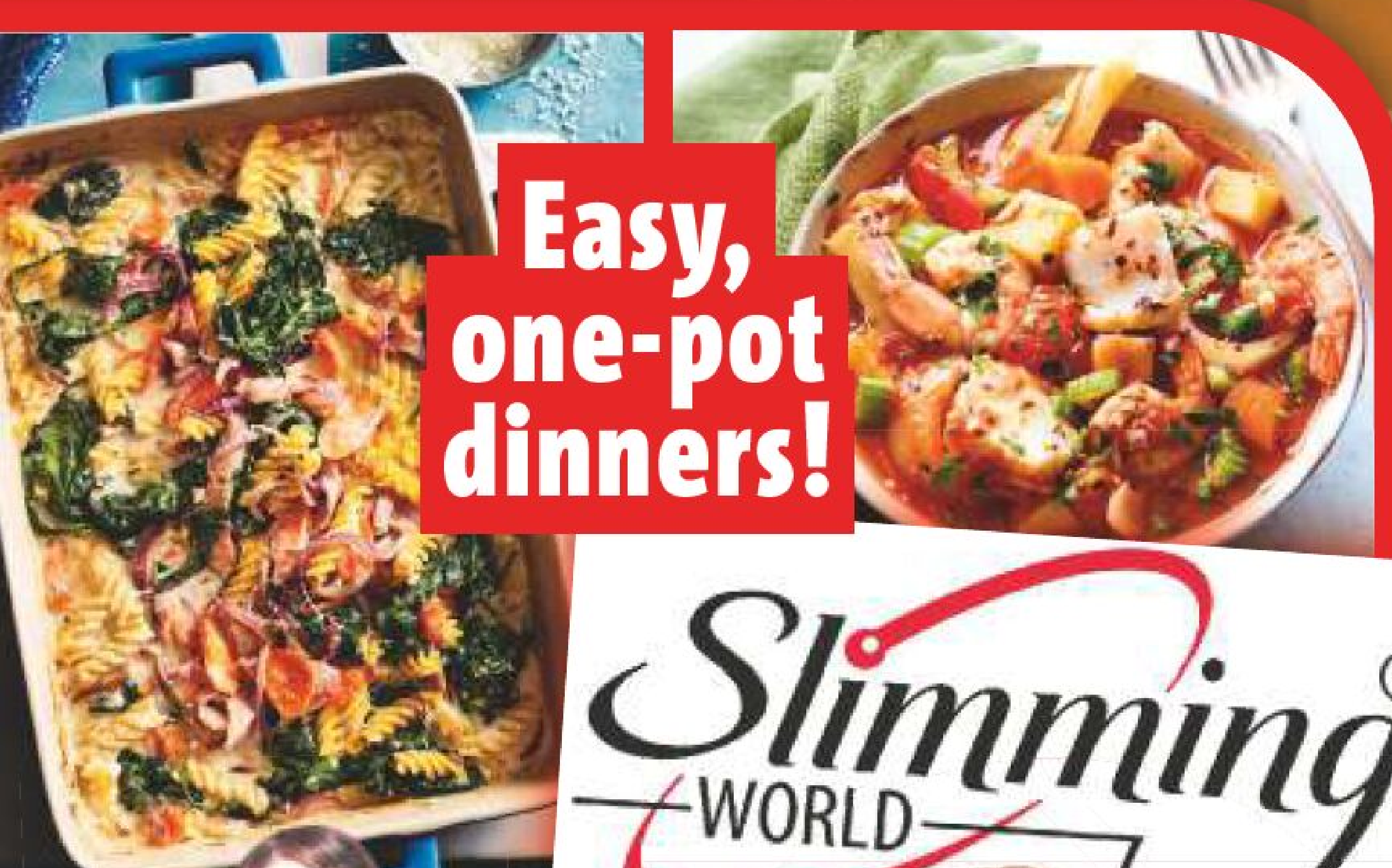
Fern's size 10 SLIMDOWN!

Her tips on beating the yo-yo diet



Alison & Cat's DIET SECRETS

How the This Morning friends got their fabulous figures



Easy, one-pot dinners!

Slimming® WORLD

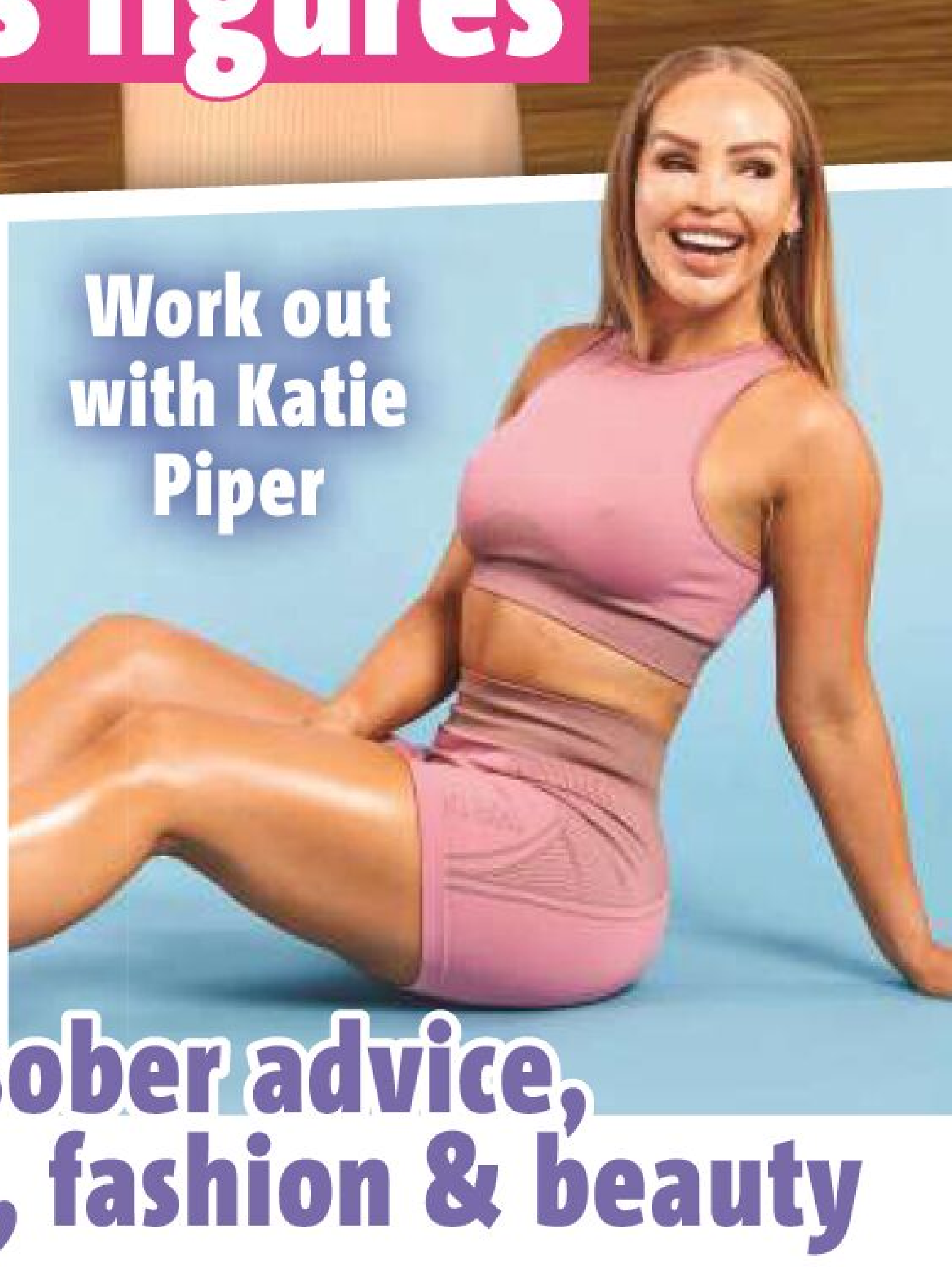
'I'm living my dream life after LOSING 15 STONE'

FREE MAG INSIDE

A happier, healthier you in 30 DAYS!

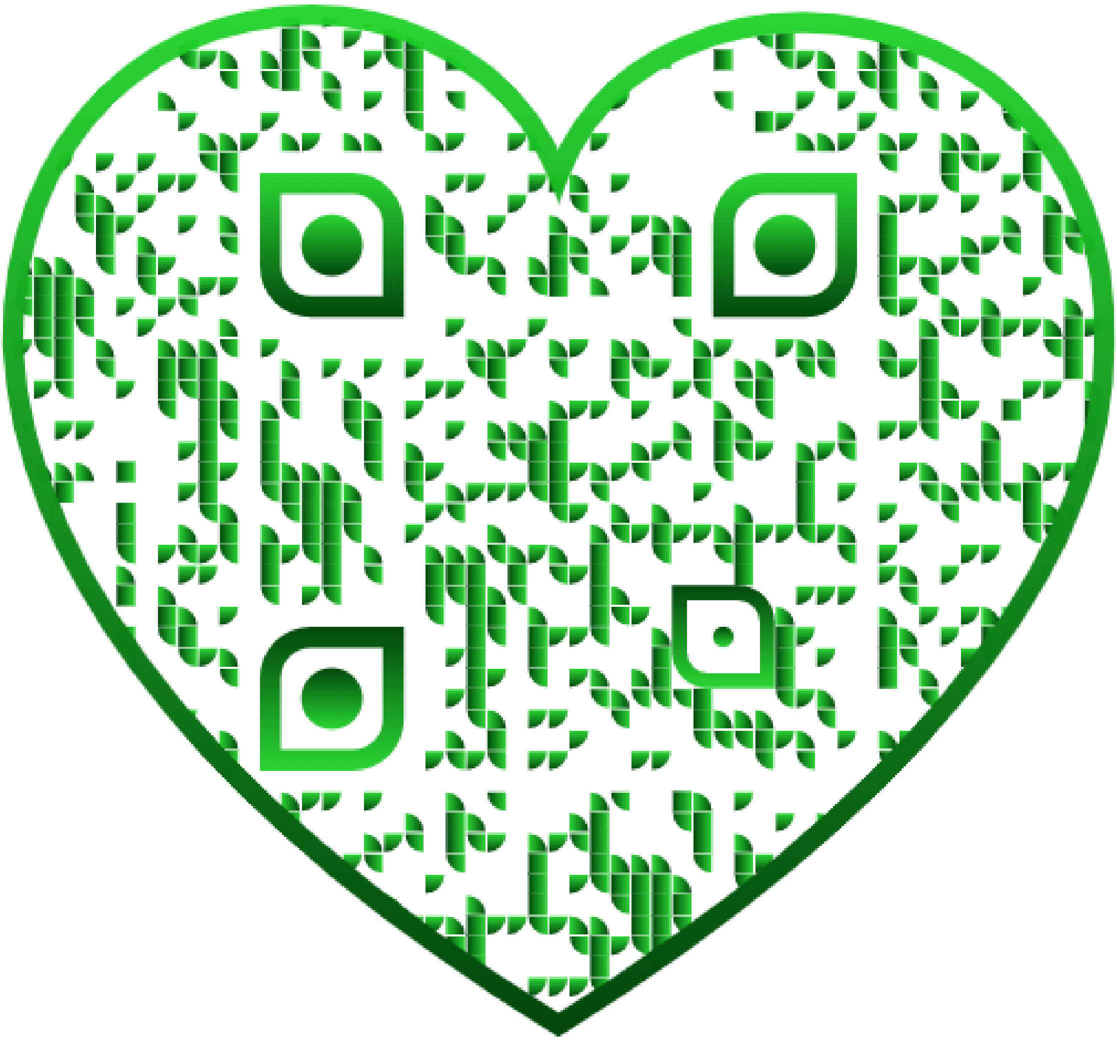
Drop lbs without feeling hungry!

Instant mood boosters



Work out with Katie Piper

PLUS: Going sober advice, low-calorie recipes, fashion & beauty



MAKE 2025 A REAL PAGE TURNER!

£1 AN ISSUE*
JANUARY SALE
*Offers available from 30/12/24, T&Cs apply

With over **40 titles** to choose from, find your next subscription and **save on shop prices** at

greatmagazines.co.uk/jansale

SCAN HERE

T&C's: *Saving applies to initial trial term. The minimum term is 12 months. Offer closes on 2 February 2025. Subscriptions will start with the next available issue. Offers cannot be used in conjunction with any other offer. Trial prices vary based on magazine title and type of subscription (Print only, Print+ or Digital). For a full list of available subscriptions and prices, visit greatmagazines.co.uk/jansale. Trial offers are available via recurring payments only and will automatically convert to a 3-month, 6-month, or 12-month subscription payment after the trial period. If you wish to cancel before the end of your trial period, please notify customer services at least 10 days before the end of your trial. Should the next payment have already been taken by the time you cancel, please contact us as soon as possible to arrange a refund. Any subsequent payments are non-refundable, and any cancellations will be from the next payment date. Order line open 0800hrs – 2100hrs (Mon-Fri). 1000hrs – 1600hrs (Sat). Calls may be monitored or recorded for training purposes. Call costs from mobiles vary according to the calling plan chosen. Typically, they are included in free call packages. However, if you call an 01/02 number outside of any inclusive minutes, they can cost between 3p and 65p per minute. Calls from landlines to 01 numbers are typically charged up to 16p per minute. Many providers charge a 23p call set-up fee (or 'connection charge'), but this can vary. Please refer to ofcom.org.uk for updated pricing. Costs for calls from overseas vary depending on the location. For general terms and conditions please visit: www.greatmagazines.co.uk/offer-terms-and-conditions

GREAT MAGAZINES.CO.UK

BRING ON 2025!

A huge Happy New Year from us to you. January is the perfect time for a life shake-up, and our mini-mag will help you set new habits and routines in place to make you feel utterly fabulous in 30 days.

If you're considering a break from alcohol, we've got expert advice on ditching the booze and we also take a look at the stars who have gone sober. If want to get more active, we've got a brilliant workout plan from *Loose Women* star Katie Piper, plus we explore the benefits of walking and how this simple daily exercise can positively impact your life.

There's an exclusive diet plan with Nutracheck – including two months' free membership – that can help you lose half a stone in a month, without feeling hungry (sounds good to us!). Plus we meet some inspiring women who have overhauled their diets and lifestyles and are feeling on top of the world. And with your usual mix of celeb diet and exercise secrets, healthy, delicious recipes and beauty and fashion buys for the season, it's a jam-packed read.

We hope 2025 is everything you want it to be – and we're here to help you look and feel utterly fantastic!

Celeb news & gossip

4 The A-listers looking amazing at 40
6 **COVER STORY The secrets of Fern's weight loss**, plus all the latest fitness gossip
8 **COVER STORY How Alison and Cat stay in shape**
12 Vanessa Feltz: 'I've still got that va-va-voom!'
14 Fitness secrets from the *Selling Sunset* stars
64 Sue Cleaver exclusive: 'My healthy cheesecake is a *Corrie* hit'
66 These celebs love scaling new heights

Real life reads

14 **COVER STORY 'I thought I was going to die, so I lost 15st'**
18 'I lost over 6st after struggling to get up a ladder'
62 'The secret to feeling my best at 51? Walking!'

Look & feel good

41 Workout in style
45 Sweat-proof beauty buys
46 **COVER STORY Mood-boosting must-haves**
48 **COVER STORY Cookery: one-pot wonders from Slimming World**
54 Our pick of the best health-boosting shots
56 Cookery: fast and healthy air fryer recipes
59 Cookery: low-cal quick cooks

Special mini-mag

21 **COVER STORY 27-page mini-mag: January shake-up**
22 **COVER STORY Lose half a stone in four weeks with help from Nutracheck**
26 **COVER STORY Easy ways to lose the booze**
28 Supercharge your immunity
30 One-minute energy boosters
32 Walk your way to wellness
34 Get fit from your phone
37 **COVER STORY Katie Piper: 'I'd rather exercise in the cold!'**

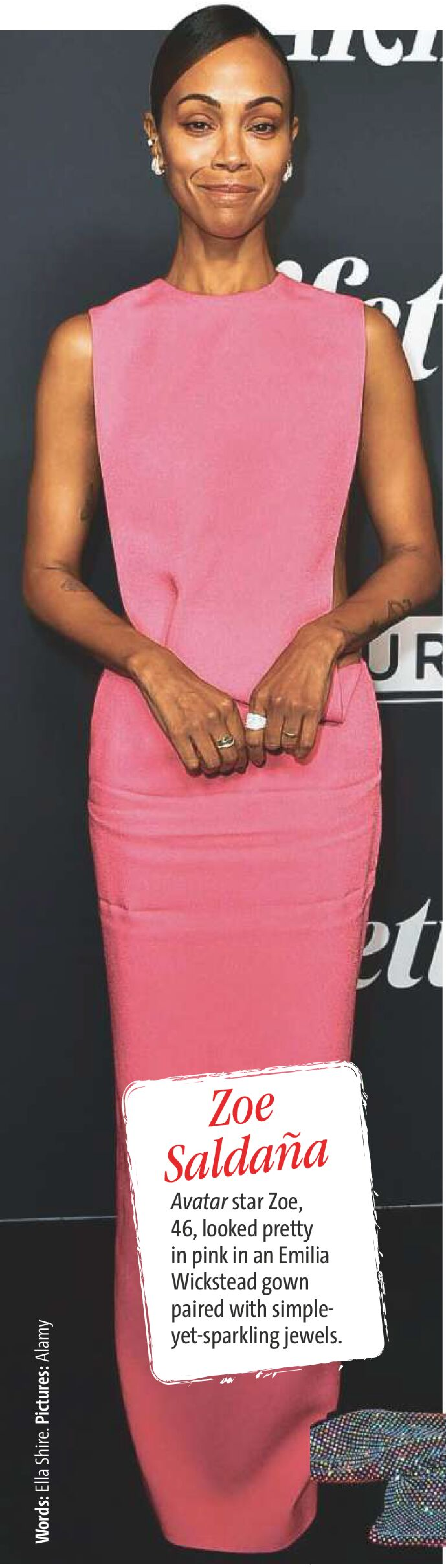
FIND US ON...

facebook.com/bellamagazineUK
twitter.com/bellamagazineUK
instagram.com/bellamagazineUK

ipso. Regulated

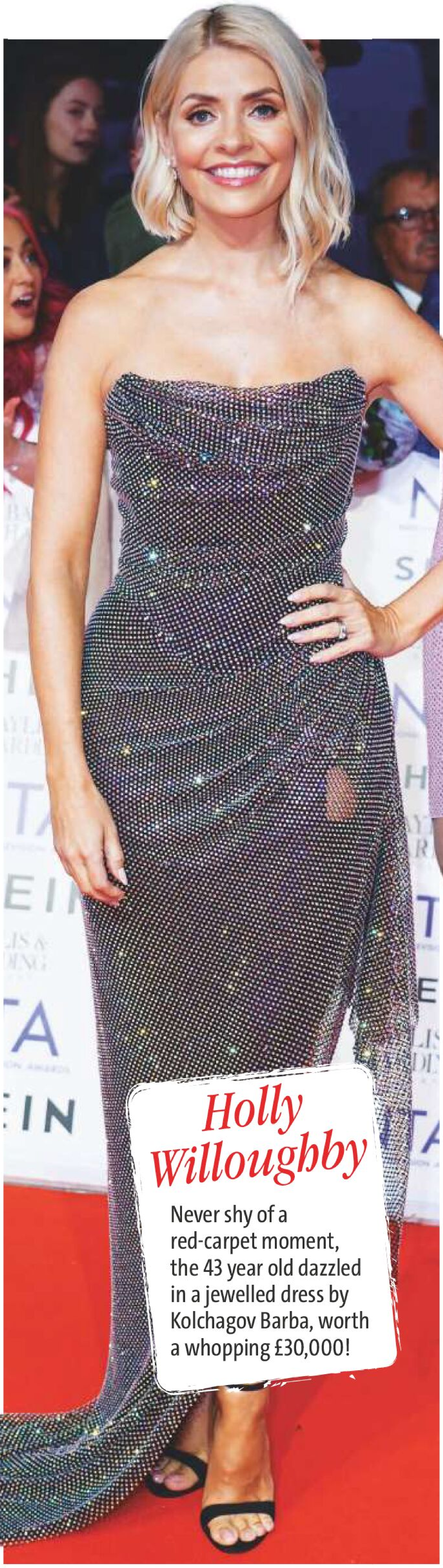
By Rachel Jones, **Pictures** Instagram

Fabulous F



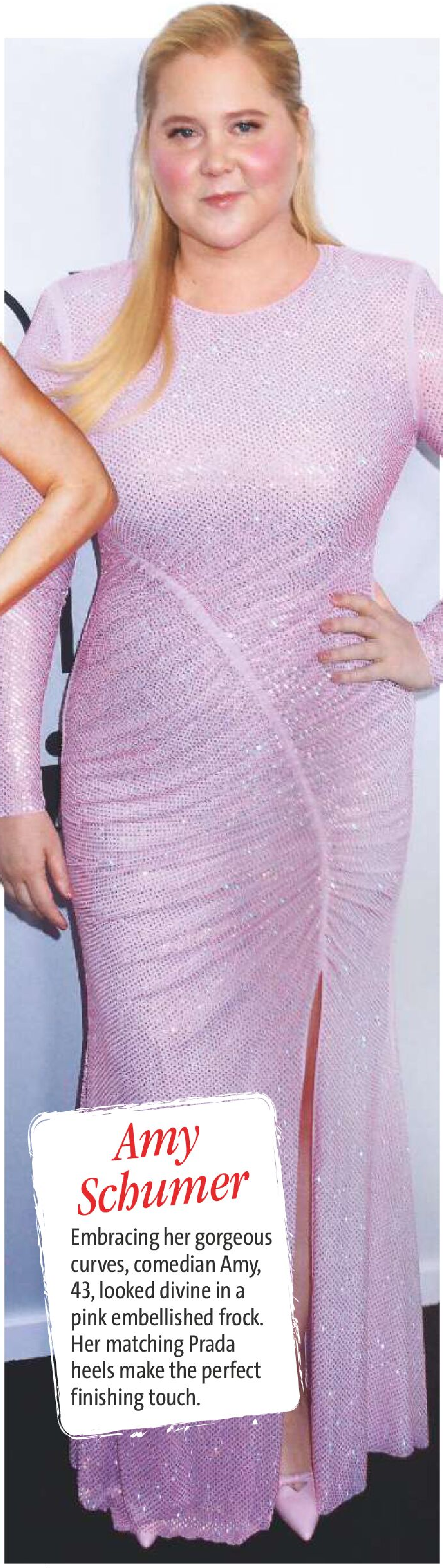
Zoe Saldaña

Avatar star Zoe, 46, looked pretty in pink in an Emilia Wickstead gown paired with simple-yet-sparkling jewels.



Holly Willoughby

Never shy of a red-carpet moment, the 43 year old dazzled in a jewelled dress by Kolchagov Barba, worth a whopping £30,000!



Amy Schumer

Embracing her gorgeous curves, comedian Amy, 43, looked divine in a pink embellished frock. Her matching Prada heels make the perfect finishing touch.

Words: Ella Shire. **Pictures:** Alamy

orties

These celebs have mastered looking amazing in midlife

Cat Deeley

The *This Morning* presenter, 48, shows us you're never too old for dramatic shoulder pads and a daring plunge neckline.

Anne Hathaway

The 42-year-old actor proves wearing a cut-out corset can look sophisticated as well as sexy, as she stepped out in a ruby-red Versace gown.

Serena Williams

Tennis legend Serena is beaming at the age of 43 in a gold medal-worthy Armani gown, complete with a train coated in Swarovski crystals.

Diane Kruger

Never one to shy away from wearing colour, 48-year-old actor Diane was the epitome of elegance in a floral embellished dress by Prada.

CELEB NEWS & GOSSIP

FITNESS SPECIAL

Pilates plan

TV host Nicki Chapman has credited Pilates with helping her get in shape after a busy summer. The former *Popstars* judge – who turns 58 this month – said, 'I've started doing more Pilates. I let myself go last summer because I've been working, but that's no excuse. You can always find time, so I've had to give myself a little talking to. My back is quite sore at the moment, and that's because I haven't been going to the gym and Pilates.'

Nicki continues to have scans for a non-cancerous but life-threatening brain tumour she was diagnosed with in 2019. 'It really made me have a greater sense of gratitude,' she said.

How the star has beaten the yo-yo diet effect

Secrets of Fern's shape-up

Fern Britton showed off her incredible weight loss during her appearance on *Celebrity Big Brother* last year – and after years of yo-yoing, she has managed to keep off the pounds for 12 months.

The 67-year-old presenter decided to slim down after needing a shoulder replacement in late 2023, and it seems she has kept up her regime of running, and has since revealed she also uses a bike to help keep her in shape, getting her down to around a size 10-12 from a 16-18

Fern, who ditched cigarettes too, said, 'I have an electric bike, which is perfect for whizzing up hills effortlessly and also good for regaining your confidence on two wheels. It's also an ideal option if you're new to cycling or your fitness levels are a little low.'

In addition, Fern has also embraced a healthy diet and aims to fill her plate with 'fruits, vegetables, wholegrains, lean proteins and healthy fats, while minimising processed foods, sugars and excessive salt'.

Previously, Fern dropped an incredible five stone following a gastric band operation in 2006, which took her from a size 22 to a 12. The star explained, 'My cholesterol was high. My knee joints were starting to hurt. I wasn't able to run. I was approaching 50 and I thought, "Do you know what? I'm going to be different when I'm 50." [Now] I'm the same size I was at 24.'

JUDI'S HEALTH KICK

Judi Love has revealed that she's slimming down for health reasons. The *Loose Women* star, 44, has been getting fitter in recent months, and credits an overhaul for helping. 'I'm losing weight for health. And that's it,' she revealed on the show.

Judi – once diagnosed as medically overweight – has changed her lifestyle since hitting her 40s. 'I go to the gym, I exercise. I try to eat good food, I don't limit myself. I'm definitely cutting down the alcohol,' she said. She also admitted she's fed up of the constant chatter about her body. 'I've lost weight now and people will comment about it. I feel like I can't win sometimes,' she explained.

Oti's tour slimdown

Oti Mabuse has revealed how she has dropped four dress sizes in preparation for her tour. The *Dancing On Ice* judge, who had gestational diabetes during pregnancy with her one-year-old daughter, went from a size 18 to a 10, ahead of Viva Carnival in June. 'This journey has been one of the toughest but most beautiful experiences of my life. When I decided to go on tour, I knew that the first step wasn't just about rehearsals, it was about changing my mindset, my diet, and how I physically feel,' the 34-year-old star said. 'Coming from a size 18 to a size 10 wasn't just about the number on the scale – it was about *feeling* stronger, healthier and more alive.'

By Stephen Leng **Pictures** Shutterstock, Instagram

Khloé: 'I love the way I look'

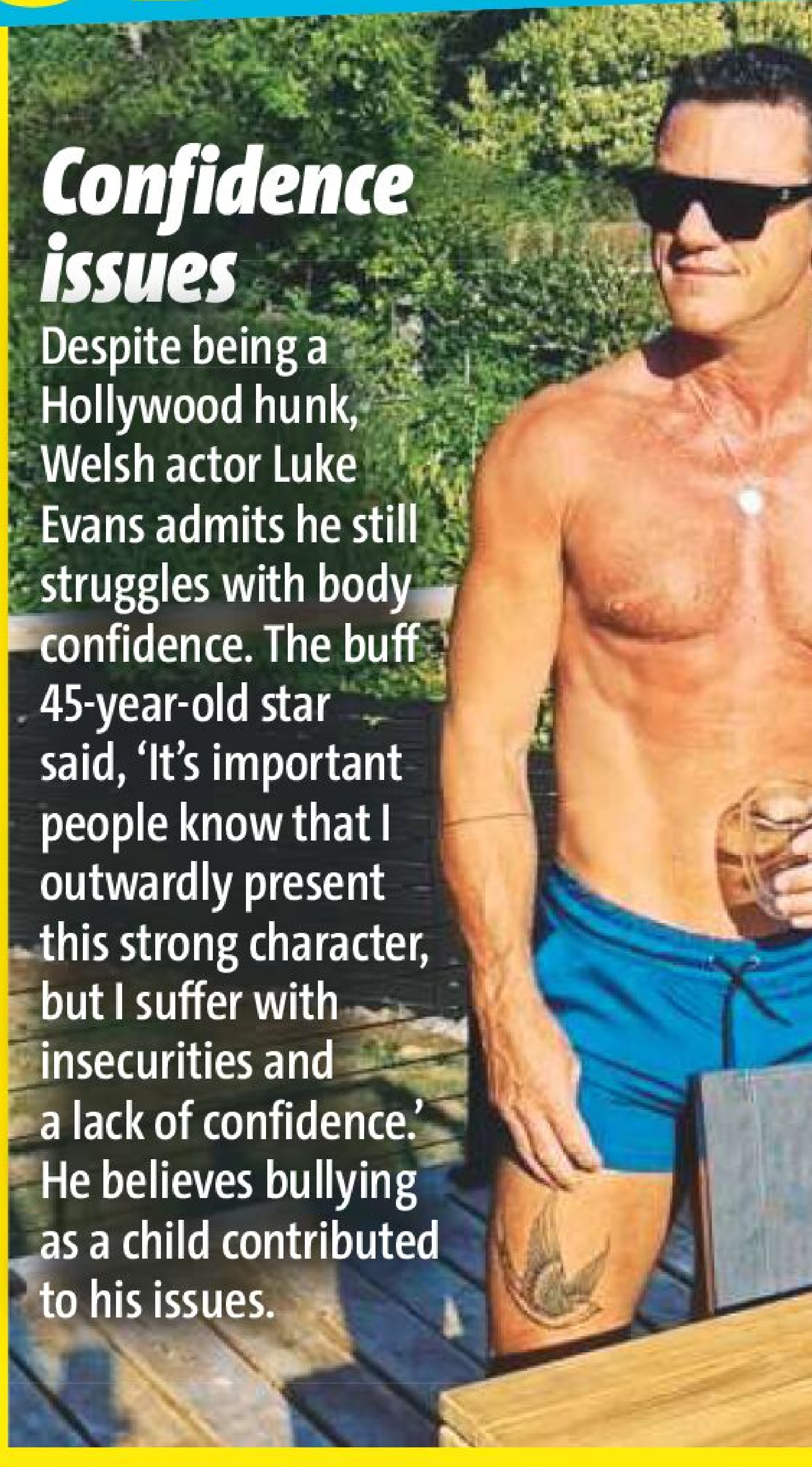
Khloé Kardashian has opened up about her 10-year body transformation. The reality-TV star, 40, started shedding the pounds in 2014, after divorcing former basketball star Lamar Odom, sparking rumours that she'd had surgery. 'My weight-loss journey started because I was getting a divorce. I stopped going to therapy and started going to the gym,' she said. 'As a by-product, my body started changing. I loved the way I felt. I loved testing myself and challenging myself. And I've been doing it for 10-plus years now, and I love it.' Khloé – who's mum to True, six, and Tatum, two – also said she is 'mad' that Ozempic wasn't around a decade ago.

HOLLYWOOD BODS

Unusual workout

Miley Cyrus works out in heels. The *Flowers* singer, 32, said, 'I train in high heels, mostly. I'm interested in feminising the workout space, because so much of the workout equipment is ugly.' We're not sure a trainer would agree this is a good idea, Miley!

Confidence issues



Despite being a Hollywood hunk, Welsh actor Luke Evans admits he still struggles with body confidence. The buff 45-year-old star said, 'It's important people know that I outwardly present this strong character, but I suffer with insecurities and a lack of confidence.' He believes bullying as a child contributed to his issues.

A different time

Kate Winslet believes the way she was treated about her weight in the '90s was 'absolutely appalling'. Noting a time when a presenter said she looked 'a little melted' into her dress, Kate, 49, said, 'What kind of person must they be to do something like that to a young actress?'

How Alison and Cat stay in shape

The TV stars share their diet and fitness routines

Alison's life overhall

Alison once tipped the scales at 28 stone, but the TV host has had a health revamp in recent years – dropping an impressive 11 stone in her journey to fitness.

Alison, 49, has wowed fans in recent months with her gorgeous new look, appearing more confident than ever on the *This Morning* sofa. The star has put her newfound glow down to her recent weight loss – revealing that she made strict changes in order to 'save her life'.

Opening up about her lifestyle changes, Alison – who has 19-year-old son Aidan – admitted that it was her mother who pushed her to start losing weight just before she passed away in 2020. 'Mum said to me, "If you can, sort out your weight, Alison." and that really set it in my head. My mum had type 2 diabetes and she was worried for me, so when I then found out that I was pre-diabetic, that was frightening.'

As a result, she ditched sweet treats and fatty foods, and began seeing a personal trainer twice a week. In addition, she has 'a couple of weights' in her bedroom and also does 'a bit of yoga' in addition to walking.

However, despite online speculation, Alison confirmed she has not used weight-loss jabs to achieve her impressive new look, and has actually done it all naturally. 'I think that, for people who need to use them, they're a good thing. But for me, as soon as I hear any scare story, I get frightened. So I haven't wanted to use them, but that's not to say I wouldn't in the future.'

Earlier this year, Alison revealed to fans that she's imposed strict rules while filming on set for *Bake Off* – admitting that she had gained a stone from sampling all the bakers' sweet treats. She said, 'It's taken me a year to take that stone off. Now I'm only eating if they get a handshake or are the winner of a section. Anything else, sorry – I'm not going there.'

And no matter where she's at in her fitness journey, the star is a champion of self-love. Opening up about her health, Alison shared, 'I'm no longer pre-diabetic and I'm doing really well. I feel fitter and stronger. I might not look perfect yet, but personally I'm perfect, full stop.'

Alison in 2010

Cat: ‘Listen to your body’

She loves doing low-impact yoga

Juggling motherhood and her *This Morning* presenting role, fans are always left stunned at Cat Deeley’s radiant look. And while the mum of two remains positively glowing on our screens, she follows a disciplined wellness routine to help keep her feeling, and looking, her best.

At 48, Cat has been open about her views on ageing, revealing in an interview that getting older is a ‘privilege’. ‘The fact that you’re here and enjoying life – gaining experiences while being happy and healthy. Wow. That, to me, is amazing,’ she gushed.

And Cat’s fitness routine is carefully planned to help protect and nourish her body as she goes through life.

Cat is said to be a huge fan of a green juice in the morning – a health boost loved by A-listers including Meghan Markle and Gwyneth Paltrow. The star starts her day by drinking a revitalising blend of celery, cucumber, lemon and ginger.

She also chooses to follow what is commonly known as a ‘Mediterranean diet’, made up mainly of wholegrains, healthy fats and lots of fruit and veg. Opening up about dinner in her household, she shared, ‘I always sit down for dinner at five o’clock with my boys. It’s always something fairly healthy. We try not to eat too much meat, really.’

Early dinners have also meant that Cat accidentally found herself following an intermittent fasting regime – something she says works wonders for her body. Intermittent fasting typically involves eating during specific windows of time, with Cat revealing, ‘I actually feel so much better rather than having a meal later on in the day.’

But it’s all about balance for the TV star. She shared, ‘I love French bread, red wine and coffee. I think you need to listen to your body. Pay attention and see what makes your skin better, see what makes you better, see what gives you a better night’s sleep.’

When it comes to working out, Cat is an avid fan of low-impact yoga – revealing that heavier, more high-impact workouts often leave her feeling ‘terrible’.

She previously revealed, ‘I’ve been doing yoga for 20 years and I truly love it – it switches off my brain and helps me breathe. Even though I’ve been practising for so long, I’m no more bendy than the average person, but it makes me feel good. I never regret taking just 45 minutes for myself.’

By Lottie Roberts. **Pictures:** Shutterstock, Instagram

WHY THESE CELEBS WENT SOBER

If you want motivation to quit booze this year, look no further than these inspiring women

She focuses on her wellbeing

Lily's been booze-free for five years

Lily: 'I would lose everything if I drank again'

Pop star Lily Allen, 39, has been very open about her relationship with alcohol – and marked five years of being sober last July. The star, who is married to *Stranger Things* actor David Harbour, decided to quit booze during her North American tour in 2014 when she candidly admitted she considered taking heroin after thinking alcohol 'isn't working any more.' She was sober for six months before relapsing and went teetotal for good in 2019.

Opening up about the work she's put in to make sure she doesn't return to drinking, Lily said last year, 'In my early days of sobriety, I went to a lot of meetings, I did my step work and I had a sponsor.'

Lily added that she stands to 'lose everything' if she falls off the wagon. The mum-of-two says that she rarely craves alcohol, but when she does think a drink looks nice, she says to herself, 'So does your house. Your house looks nice [to affirm all that she has without the booze].'

Charlie: 'Partying always came at a price'

Former ***EastEnders*** actor Charlie Brooks has admitted she sometimes 'misses' her old ways of partying and boozing, but now knows 'what mornings are all about' after going sober four years ago. The 43-year-old, who is getting her skates on in the new series of *Dancing on Ice* this month, decided to cut out alcohol after noticing it had an effect on how she was feeling about herself.

'I have quite an overactive mind and it was easy for insecurities to creep in,' she admitted in 2021.

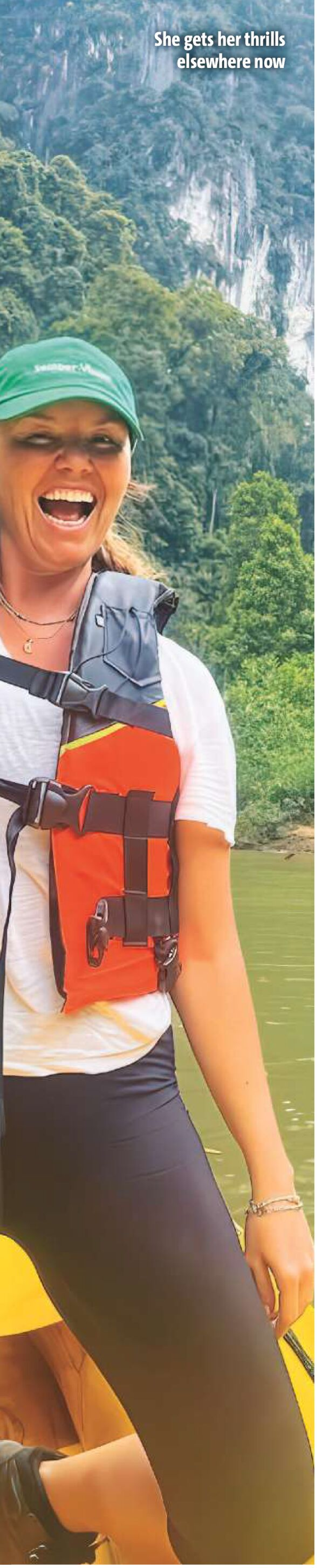
But now, she is thankful for her days of sobriety, penning an Instagram post last year about how she appreciates things more now she's no longer drinking.

Charlie – who shares 19-year-old daughter Kiki with ex-fiancé Tony Truman – wrote in September, 'I had some brilliant times when I used to party. Although it always came at a price.

'Sometimes I miss that version of my wild but my wild still shows up just in very different ways.

'It's not a straightforward road, but nothing beats waking up sober on a Saturday morning or any other morning for that matter. Mornings will forever be my new nights out,' she revealed.

Charlie is getting her skates on for *Dancing on Ice*


She gets her thrills elsewhere now

Linda's guilt over addiction

Linda spent time in a rehab facility

Loose Women's Linda Robson, 66, has bravely admitted that her alcohol dependency left her feeling suicidal before she went sober almost five years ago. It was Linda's co-star Stacey Solomon who got her the help that she needed – flying home early from a trip to Ibiza with her so she could be checked into rehab after having a breakdown.

She has received treatment from London's Nightingale Hospital and The Priory as she battled with her addiction over the years.

In her 2024 memoir, Linda detailed how she even escaped a nurse who had taken her for a walk during her time in hospital and 'necked' a bottle of rum without paying for it in M&S.

And in an appearance on *Loose Women* in 2022, Linda tearfully recalled the 'guilt' she feels for putting her family through her addiction. The *Birds Of A Feather* star said, 'They had to stay home and look after me or I'd be drinking or trying to escape. It was terrible what I did to them.'

Her family mean the world to her

Suzanne: 'I don't miss alcohol'

This January marked five years since former Hear'Say singer Suzanne Shaw gave up alcohol and she has transformed her life to become a life coach and motivational singer since making the decision.

The 43-year-old – who is mum to sons Corey, 20, from a previous relationship, and Rafferty, nine with partner Sam Greenfield – said she was 'never an alcoholic' but that the 'self-sabotage and dark thoughts' that came from drinking 'were getting too much' in 2022. Suzanne says she is now free from 'the alcohol trap and the manipulation of drinking culture' – plus she no longer struggles with 'crippling anxiety or depression.' The singer adds that after making the decision 'all of the wonderful, adventurous and fulfilling times began' and that she is happier, fitter and healthier and doesn't miss alcohol one bit.

'It's time to love and respect yourself and take care of yourself,' she encouraged her Instagram followers last year.

She's fitter and happier than ever

Suzanne is now a life coach

By: Samuel McManus. **Pictures:** Shutterstock, Instagram

Exclusive

Vanessa: 'I've still got that va-va-voom!'

Journalist Vanessa Feltz chats to *Bella* about single life and being grateful to her body

By Sarah O'Byrne. **Pictures:** Penguin Random House, Getty, Imago

She split from Ben in 2023

A staple of daytime TV and radio, Vanessa Feltz has had quite the career – from her '90s chat show *Vanessa*, to taking part in *Strictly,* appearing in *Celebrity Big Brother* and being a regular face on *This Morning*.

Vanessa, 62 – who has daughters Allegra, 38, and Saskia, 35 – has also become known for her outspoken stance on weight, having gone from a size 22 to a 12 and even opting for a gastric band and gastric bypass surgery to help her drop five stone, which she admits 'worked a bit and then sort of backfired'.

She recently noted that if she had had the option to take Ozempic, the popular weight-loss drug favoured by celebs, she would never have had the surgery. She said, 'I'd have bloody well injected it in the thigh for the rest of my life and I'd have been delighted to do it. Unfortunately, I slightly predated it, which is a f***ing shame!'

> 'I've been bitten by love'

She's tried her fair share of crash diets, even admitting, after ending her 18-year engagement to singer Ben Ofoedu back in 2023, 'I've been too heartbroken to eat anything, and I don't think that's a very nice diet.' Here, she opens up to *Bella* about being grateful for her body now, and how she tackled this and much more in her new book…

Vanessa
Bares All
Out Now

She's put pen to paper and written her life story

This is your first memoir. When did you know it was time to write it?

I didn't really want to do it. I've not ever felt that the world needed my memoir, but I was approached by a renowned literary agent who asked, 'Why haven't you written it?' I thought if I'm going to write it then this is the moment because otherwise, I'll be too old, and no one will give a f**k. There's got to be some level of people giving a damn, so I thought I'd crack on.

You're refreshingly open about body image in your book. What advice would you have for feeling comfortable in your skin and learning to love your body?

For me, it's simply that my mum had died by the age of 57, and I'm now 62, so I've had five more years than she ever had. Do I love

my body? Well, I should be grateful to it for keeping me alive. You have to be grateful to the body for getting you through. Instead of always saying, 'It's too fat, it's too wrinkly,' you should say, 'I'm glad I've got one. I'm glad I've still got the va-va-voom to get up and go.'

Vanessa before her weight loss

With her family

@sylvanianfamilies_uk
Sylvanian Families

You've been so open about heartbreak – are you looking for love again?

I'm not looking as in walking around with sandwich board saying, 'Somebody, please come love me, I can't bear it.' I'm definitely not the sort of person who expected to exist alone. It was kind of considered to be the most terrible stigma, to be sort of unclaimed and unwanted. It's hard to get that kind of sh*t out of your head. If you're born and raised to feel that way, you feel that way, even though if you look at it properly you can see it's absolutely rubbish. It's hard not to believe in it to some extent. I'm not actively looking, I'm not combing the universe desperately for a partner, and I'm not so desperate that I'll hook up with somebody totally unsuitable or settle for anyone. I'm coming up on 21 months single, the longest I've ever been on my own. Even though you're quite right to think I've been badly bitten, and I might well have gone off the whole idea, but unfortunately that's not my personality. I would like to meet someone.

'I'm not desperate for a man'

You appeared on *Strictly* back in 2013, and have spoken about how shocked you are at this year's scandals. Do you think the show will survive?

I think it should because although it's a cliché, the show is bigger than the contestants or the scandals. If you enjoy it and appreciate the dancing, the glamour, the costumes, then you're still going to love it. I don't see the whole show being obliterated by the scandal, and it'd be a real shame if it were to be. I also think it's not as if we can say, 'We can't forget what happened,' because we're still not very clear on what did happen.

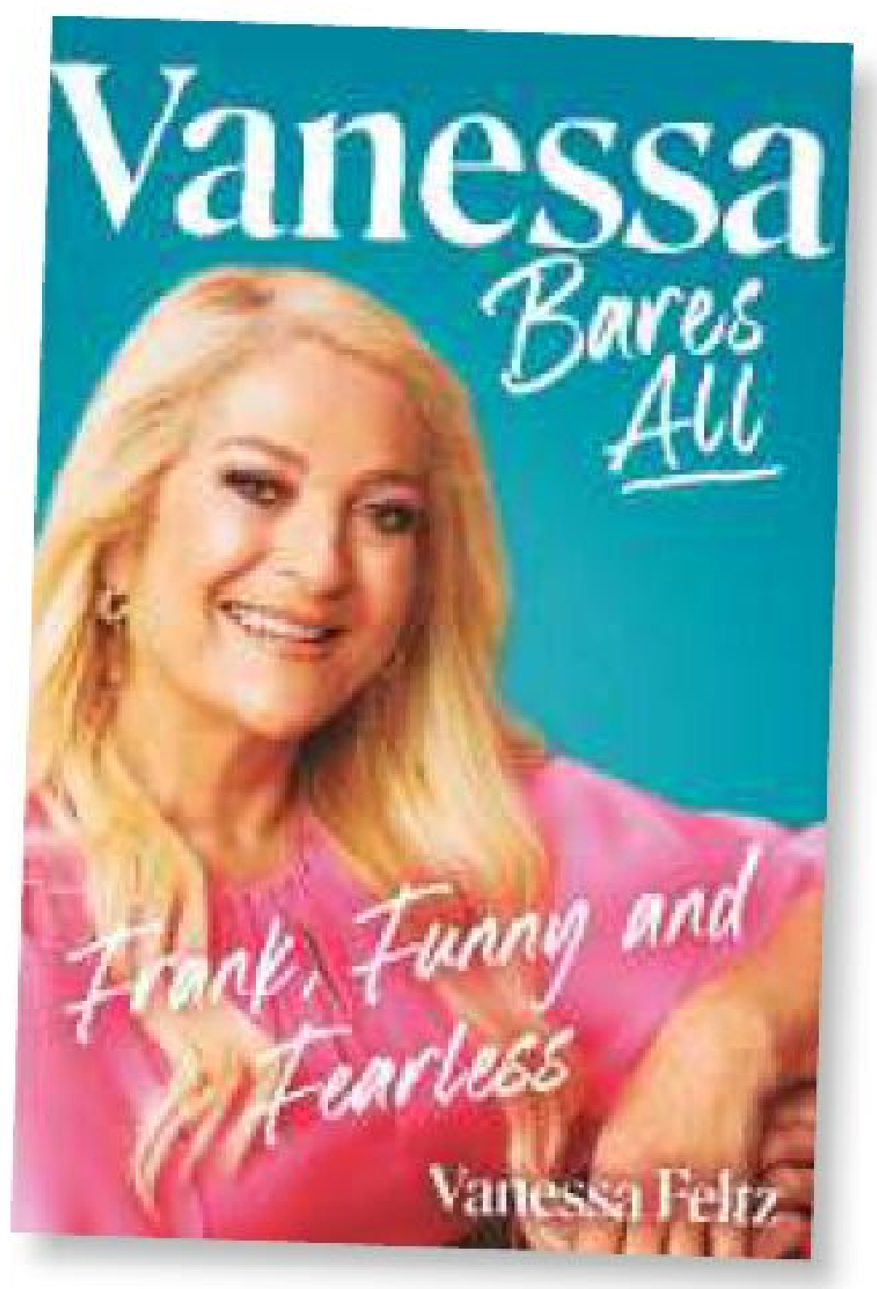
What are your Christmas plans this year?

Ireland! My idea of absolute heaven on Earth with the family. For the last couple of years, we've spent Christmas at the beautiful Castlemartyr Resort Hotel, literally up the road from my house [Vanessa has a holiday home in Cork]. My girls are incredibly hard working; one's a tax lawyer, one's a child therapist, they've both got very time-consuming jobs and they've each got two young children, so I don't think it's a terrible thing if we all have a relaxing family Christmas and let Mr and Mrs Castlemartyr do the cooking.

So, you won't be cooking this year?

God no, I've been dying to get out of the kitchen. Eating is, as you know, my forte, but the cooking, definitely not.

- *Vanessa Bares All by Vanessa Feltz is published by Bantam (£22).*



Selling fitness

When they're not shifting real estate, they're hitting it hard in the gym

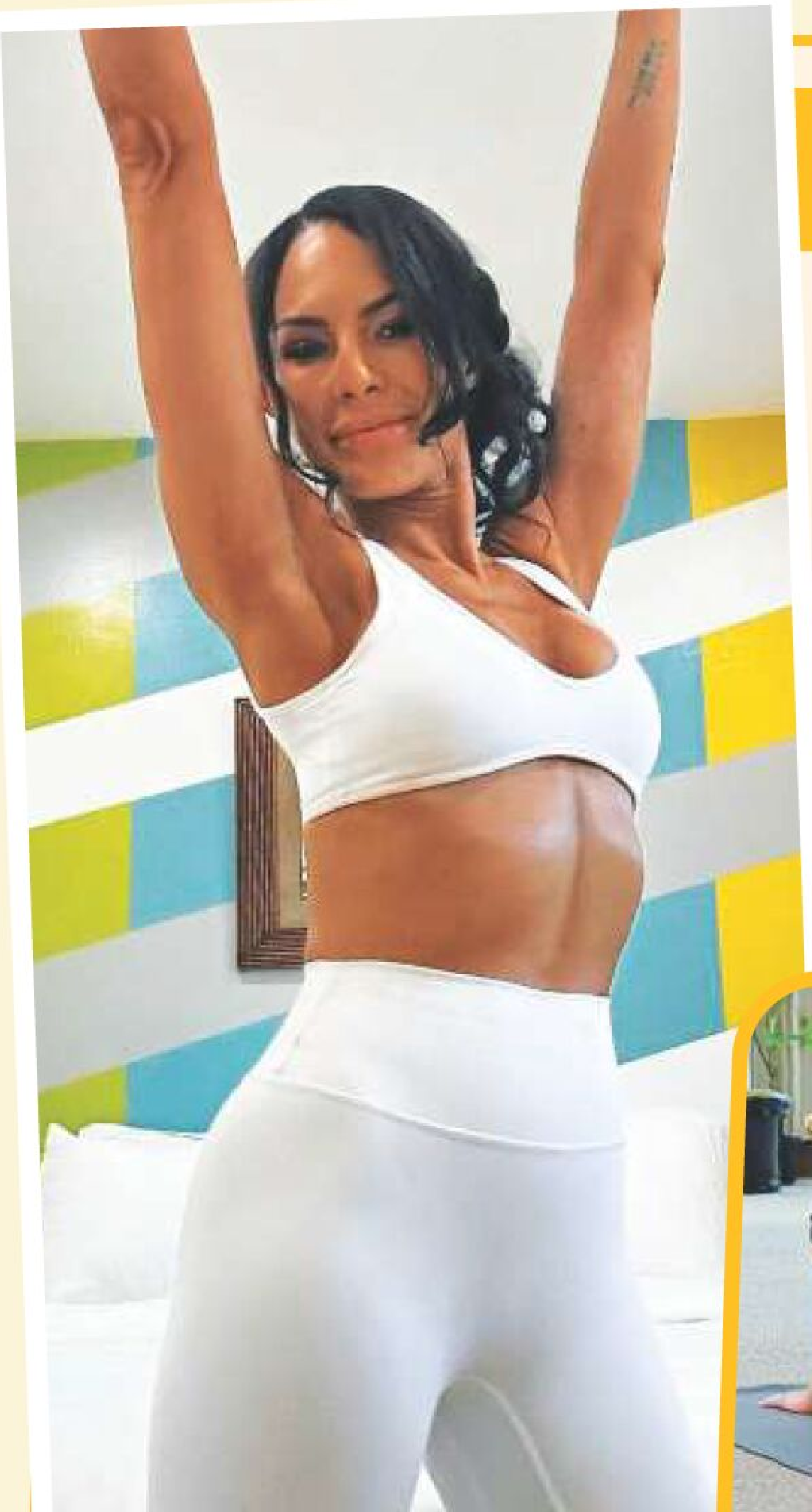
Sometimes we don't know if we're more envious of their clients' multimillion-dollar mansions, or the glam real estate agents' incredible figures. We've done some digging to see how the stars of the Netflix hit series *Selling Sunset* fit in workouts around their demanding jobs at The Oppenheim Group. Catfighting, after all, doesn't count as cardio…

Mix it up like Mary

Introverts and gym-phobes should look to Mary Bonnet for inspo, as the 44 year old gets her sweat on in the comfort of her home. Her weapon of choice is usually her Freebeat exercise bike (the brand offers at-home spin and bike workouts), but she keeps things varied with weightlifting, hot yoga and Pilates too. She's also a fan of the Fitness Mirror – a smart mirror that uses AI to offer real-time coaching and check your moves are on point. While she's not a morning person, her workouts are usually early – and she sets her alarm even earlier to get into shape before filming a new season.

Crush it like Chrishell

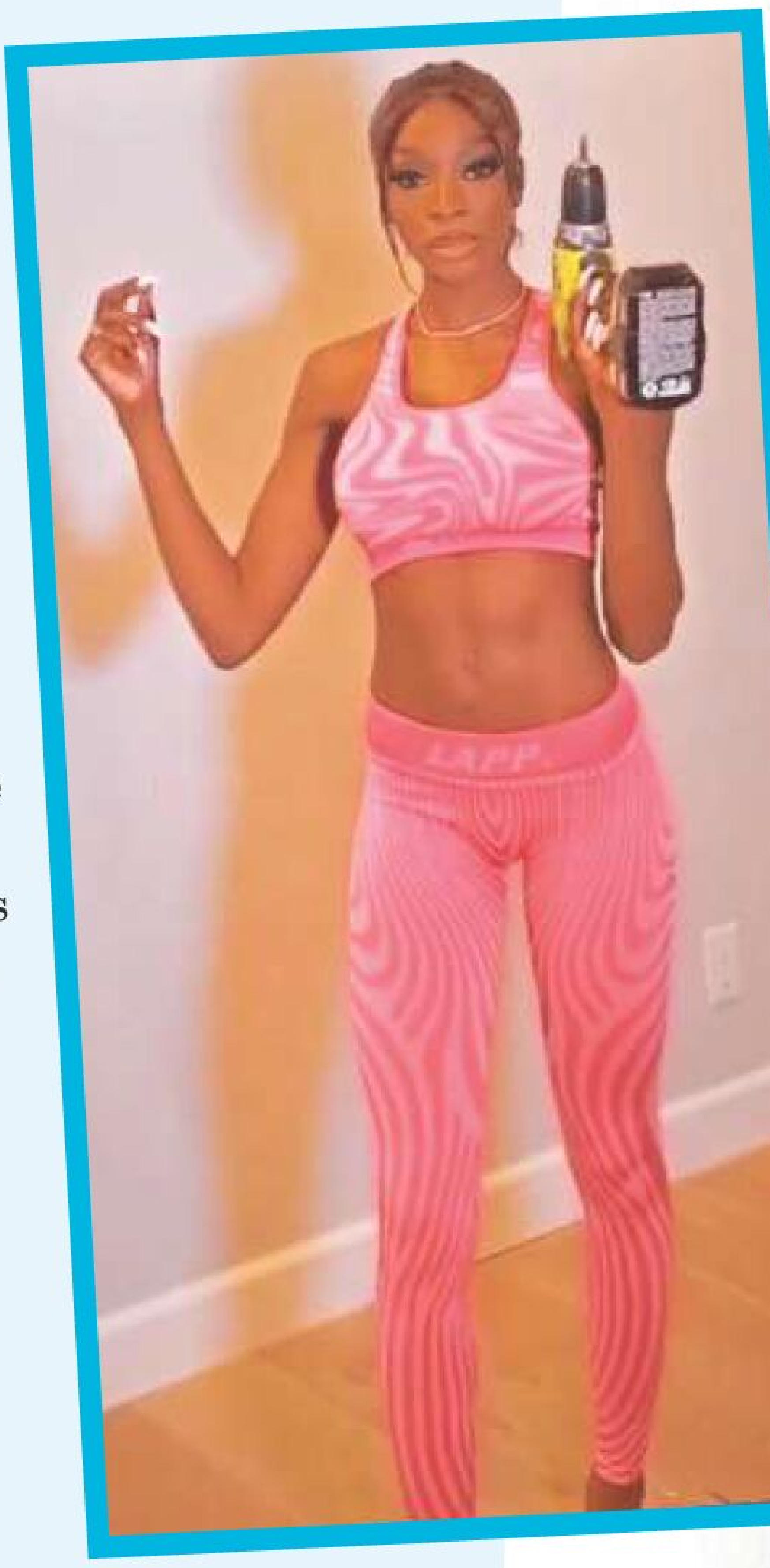
Despite being a successful soap actor as well as making money selling property, it seems like Chrishell, 43, is winning at keeping herself in shape too, thanks to working with her trusted PT, Ocho. He manages her busy schedule with plenty of HIIT – packing in muscle-building and fat-burning in tiny but effective bursts. Even her rest days are efficient, featuring low level movement such as Pilates. Plus, as Ocho points out, 'She sells a lot of homes. So that's a lot of walking and showing homes to her clients on a daily basis.' The step count involved in some of the palaces they sell would certainly go some way to explaining the *Selling Sunset* ladies' toned legs...



Sunset secrets

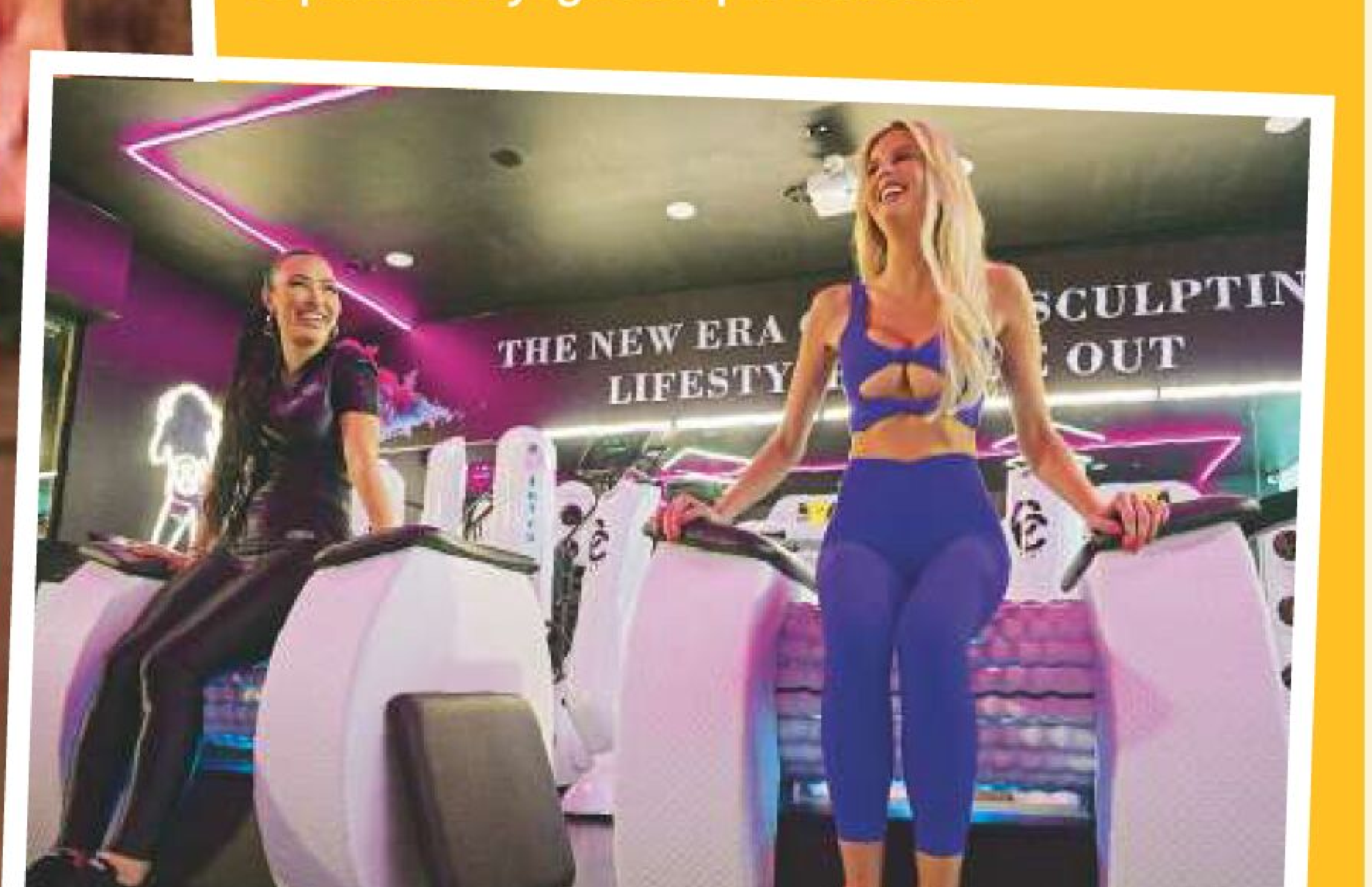
Chelsea's spin secret

While, at 31, Chelsea Lazkani is a bit younger than many of her co-stars, there's no doubt she's earned those abs – after all, she is a mum of two. Showing the LA folk that British girls aren't afraid to work hard, she is a former sprinter and Peloton enthusiast and loves to workout at home to be near her family. That said, she also points out that running around after two small children (daughter Melia, four, and son Maddox, five) is exhausting. 'They do not stay still', she says. Her Instagram feed is also a showcase for her love of preparing healthy, delicious meals.



Emma's tech training

Fans of the show might remember seeing Emma Hernan, 33, (with co-star Breana Tiesi) doing some serious multitasking in series seven – working out (and chatting) while using infrared fitness machines. These are designed to sculpt and repair the body in just 30 minutes, and are found at Cosmo Contour in LA (although there are infrared saunas here in the UK). She's not averse to a more traditional workout either though, being a fan of swimming (usually in jealousy-inducing outdoor pools – no freezing cold outdoor swims for this LA girl), or even doing a bit of partnered yoga with pal Chrishell.



Box clever with Amanza

She's struggled with some serious health issues, but Amanza is in great shape at 47. The reality star relies on intense boxing workouts to stay fit enough to do all those viewings in sky-high heels, as she's not a fan of following fad diets.

What's even more remarkable is that she nearly died after an infection spread to her spine, resulting in several intensive surgeries that left her treading carefully for six months last year. She said at the time she'd 'never take mobility for granted again', and was excited about adding walking, Pilates and ballet back into the mix too.

By Lizzy Dening. **Pictures:** Instagram, Netflix

‘I thought I was going to die – so I LOST 15st’

BEFORE
29st 7lb
Size 36

She felt self-conscious

During the pandemic, Amanda Hetherington, 39, was classed as high risk because of her size. But with a baby girl on the way, she knew it was time to change for good

On her wedding day in 2015

Now she feels joyful and healthy

Watching the TV, I felt a surge of panic. It was early 2020, and the news was showing clips of people attached to oxygen machines due to the pandemic. It terrified me, because at 29st 7lb and a size 36, I was classed as obese and high risk. I'd also recently found out I was expecting a baby girl. It suddenly hit me that I could die. I was just 35 and, if I carried on the way I was, I wouldn't be around to see my daughter grow up. What's more, I knew that if I did pass away, I wouldn't fit in a standard-size coffin.

I'd struggled with my weight since childhood and would overcompensate by being the ‘funny friend’. But I always felt like the odd one out. I couldn't fit into clothes at the stores my friends shopped at, and while they'd wear nice, fitted outfits, I'd hide away in dark, baggy blouses. It affected my confidence, and I'd avoid cameras at all costs.

When I was 15, I went on a few dates with a boy called Gary, but it wasn't until I returned home from uni in 2009 that we became a couple. My size never bothered him, and he loved me just the way I was. Working as a solicitor, I had long, busy days, so we'd often order a Chinese takeaway when I got home. I'd indulge in prawn toast and spring rolls, then beef curry and fried rice or sweet and sour chicken with chips. Afterwards, I'd polish off a large chocolate bar.

Gary and I got engaged, and we set the date for 2015. Although I couldn't wait to marry him, dress shopping wasn't like I'd imagined. As the shops didn't stock plus-size options, I had to hold up the gowns against me, and it wasn't until my dress was altered that I could try it on for the first time. I went for a strapless one, but as I didn't like my arms, I had a lace bolero to cover them.

Over the years, I tried every diet going, especially the fad ones.

AFTER
14st
Size 12

Amanda now

I'd spend hours scrolling through social media to see who has lost the most weight in the shortest time.

One evening, Gary and I went to a Michael Bublé concert in London. But instead of going out for a nice meal beforehand, I had a meal replacement shake in the hotel, while Gary bought a meal deal.

I was fixated on the scales, so whenever my weight loss plateaued, I'd give up. I'd dwell on my failure, which fuelled me to comfort eat. I'd put the weight back on and more.

Although I didn't have any physical ailments, my health anxiety was severe. I'd regularly experience panic attacks, and if I felt a twinge in my chest, I'd think it was a heart attack.

Now, watching the effects of COVID, I knew things needed to change. It felt like my last chance. I wanted to be able to run around after my daughter, to fit on fairground rides and plane seats. I didn't want her to be embarrassed that I was bigger than the other mums.

So, when a Slimming World leaflet came through my door, I decided to give it a try. I'd previously joined as a teenager and remembered it was the only plan I'd enjoyed. It was midwife approved, so I wanted to start while pregnant. But as I suffered with morning sickness and could only eat ginger biscuits, it wasn't the right time.

That December, our beautiful daughter Philippa was born via C-section. By February 2021, I was recovered and ready to rejoin Slimming World. I went to my local group in Runcorn, Cheshire, which had started up in person again. It was daunting, but my consultant made me feel at ease. When I stepped on the scale, she reassured me it was the last time I'd see that number.

Back home, I got stuck into meal planning. I liked that I could still eat my favourite meals, just with a few swaps. I was even able to make 'fakeaways', like chicken curry. In the first three weeks, I lost a stone.

To get my steps in, I'd push Philippa's pram around the block. As the pounds dropped off I was able to go further, eventually walking to the next village over and back.

A year in, I joined Aquafit. Before, I'd never have exposed my body in a swimming costume, but it was like a switch had been flicked inside my head. I was determined. I also signed up to Couch to 5k. I'd never run before, so to complete the full 5k was such an achievement.

In September 2023, I hit my target of 14 stone, having lost over 15 stone. I needed a whole new wardrobe, and it felt amazing to buy a size 12 from the stores I could never shop in before. I have a newfound confidence and can take Philippa, four, out to the park and soft play without any qualms.

I also no longer have panic attacks because I know I'm eating well and have a healthy lifestyle. I now have a joy for life. I feel like a different person, and as Gary and I are coming up to our 10-year wedding anniversary, I'd love for us to renew our vows. This time, I'd like to experience the magic of dress shopping.

Gary's so proud of me as he's been there throughout it all. In May, I started running my own Slimming World group in Frodsham on Thursdays, and Gary comes to support me. I do it alongside my full-time job, so I'm busier than ever, but it feels wonderful to help others.

I don't want anyone to feel the way I did when I was bigger. Sometimes I look back and feel sad that I lived that way for so long. But what matters is that I'm living the life I deserve now.

DIET BEFORE

BREAKFAST Cereal and toast
LUNCH Meal deal triple sandwich, pasty, crisps, chocolate
DINNER Chinese takeaway
SNACKS Cereal bar or chocolate

DIET AFTER

BREAKFAST Overnight oats with fruit and fat-free yogurt
LUNCH Spiced chicken thighs, halloumi salad in a pitta, or pasta salad
DINNER Slimming World spaghetti and meatballs
SNACKS Homemade houmous with veg sticks, fruit

By Amber Connolly. **Pictures:** Paul Buller

In a study commissioned by Slimming World, 56% of UK adults say they've followed a fad diet, with 71% reporting they didn't lose any weight or as much as they wanted

‘The secr
my best

When fitness fanatic Teri Kreider, 51, was told she needed to slow down, she found a new way to stay active…

On a dog walk

She’s never been fitter

As I passed the news kiosk for the fourth time, I waved and smiled at the lady inside. ‘I can’t sit down, I need to move!’ I told her. It was May 2024 and I was clocking up two miles around the concourse at the airport. For most people, waiting for a flight meant hours sitting around on those hard metal chairs by the gates, drinking endless cups of coffee and eating junk or having a few wines. But for me it was an opportunity to get my steps up. After the pandemic I’d founded my own business providing CPR and fitness training to companies all over the country. Travelling meant I couldn’t always get to a gym or fitness class but I still had my own two feet and could go out for a walk.

I had always been an active person and my parents, who are both in their late 70s, are still fit and healthy. At school, I played basketball and volleyball and, later in life, I took fitness qualifications to be a personal trainer. Looking after my health made me feel so good, but it also

ret to feeling at 51? Walking!’

helped me through the tougher times. I was a prison officer at a male facility for a time, which was mentally and physically demanding. And I’d been through three divorces too, which was tough, but whenever I was down, exercise felt like the one constant. It was a part of me, like an anchor.

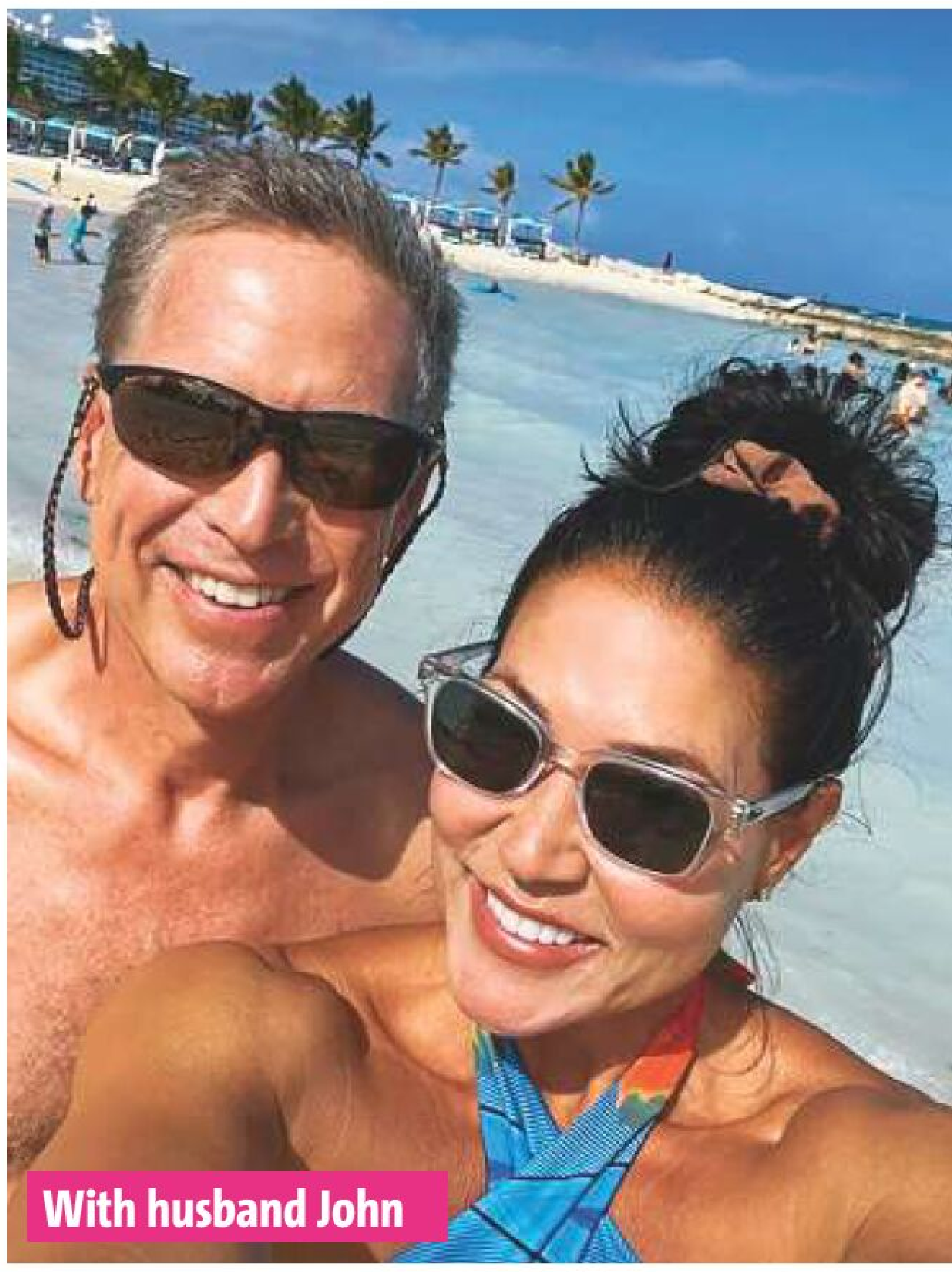
When I was 45, I had my metabolism tested and was told that I burn fat in a low heart rate zone, which meant that low impact activity was better for me than high impact. I immediately put the brakes on and switched to walking instead of running. Within a month I’d dropped 5lb, had more energy and my joints were less achy. Soon I was walking everywhere. I took any excuse to get my steps up and also looked for hills and inclines whenever I could. I even started going on holidays based on where I could hike.

In September 2022, I bumped into John, 62, when I was out walking my German shorthaired pointer, Rush, near my apartment. John loved keeping active too, so he started joining me on my walks. ‘I’m not looking for a relationship,’ I warned him. ‘I never had a female friend before,’ he replied. ‘Well now you do,’ I grinned. Soon we were such good pals that when I was due to go on a cruise round Bahamas with my parents, and we had a spare ticket, I invited John. ‘Just because I’m on holiday, I’m still going to get my steps in.’ I told him. ‘OK, I’m in!’ he replied. Every day John and I walked 10 miles around the boat, lapping from one end of the cruise liner to the other, and climbing as many flights of stairs as we could. I counted 200 steps from the bottom deck to the top, and we went up and down for a full hour. I didn’t think John would keep up, but he did. As we walked and talked together, our friendship grew. After the cruise, every time I saw him it got better and better. He made me dinner and watched my dogs. By 29 November that year romance had blossomed. Four months later John asked me to marry him, and in June 2023 we eloped to tie the knot.

Now my daily exercise routine could include anything from a yoga class, or gym workout to weight-training or even rollerblading with my husband. But one thing’s for sure, it will always be full of walking! And when I’m giving fitness training to clients, I always tell them to build as many steps into their day as possible. I aim for around 10 miles, or between 25,000 and 30,000 steps, every single day.

At 51, I’m regularly told I look younger. When people ask me what’s my secret, they’re always surprised when I say, ‘Don’t sit down!’ I walk my dog, I walk between appointments, I walk to the shop, I even pace the kitchen when I’m on the phone. You don’t need any fancy equipment – just a comfortable pair of shoes. I hope my story encourages everyone to be active by walking, no matter your age or situation. Every year I’m alive is more positive and better than the year before. I truly feel that my best years are still to come.

Teri and her mum on the cruise


With husband John

TERI’S TIPS TO GET YOUR STEPS IN AND FEEL YOUR BEST!

- Never get in your car when you can walk. Even if it’s just a five or 10-minute walk to the shop, it all adds up.
- If you have a job where you’re sat at a desk all day, consider investing in a treadmill desk, or at least take regular walking breaks.
- Walk with your family. Take your partner, kids or grandkids out. Go for a short walk after dinner and catch up on each other’s days.
- Make sure you wear comfortable shoes so you never miss a chance to walk when an opportunity presents itself.

The Perfect
PICK-ME-UP

Take five and refuel with a Mug Shot *mmm-moment!*

ALL SACHETS LESS THAN 280 KCAL AND 2% FAT
FULL ON FLAVOUR IN JUST 5 MINS
Mug Shot
Creamy CHEESE PASTA
FULL ON FLAVOUR IN JUST 5 MINS
Mug Shot
207 KCAL
Comforting CHICKEN & SWEETCORN NOODLES
FULL ON FLAVOUR IN JUST 5 MINS
Mug Shot
219 KCAL
Flavoursome ROAST CHICKEN PASTA

Go on, GIVE IT A SHOT

January SHAKE UP

27-PAGE MINI-MAG

SUPERCHARGE YOUR IMMUNITY

KATIE PIPER'S WORKOUT PLAN!

A happier, healthier you IN 30 DAYS!

FREE MEMBERSHIP!
nutra check

Lose 7lb THIS MONTH!

EASY WAYS TO QUIT ALCOHOL FOR GOOD

nutra check

Lose half a stone in 4 weeks – without FEELING HUNGRY!

Our special plan from Nutracheck will help you power up your weight loss

What's the secret to aiding weight-loss? The experts at Nutracheck say protein is key to success. 'If you're looking to feel full while you lose weight, you need to focus on the protein in your diet', says Emma White, Senior Nutritionist at Nutracheck, the UK's top-rated calorie and nutrient tracking app. Emma continues, 'Many people don't get enough protein each day, and it's one of the key feel-fuller nutrients, along with fibre, so it's a great tool for sticking to a reduced-calorie intake.'

HOW IT WORKS

Weight
BMI
Weigh-in
11st 12lbs
11st
12lbs

Emma has put together a selection of healthy, calorie-counted protein-rich meals and snacks. Choose a breakfast, lunch and dinner each day, with one or two snacks. Stay within 1400 calories per day to lose weight at a healthy 1-2lb a week. Check your daily summary in the app to ensure you're getting a healthy balance of nutrients. Drink plenty of fluids – at least 6-8 glasses a day. Meals serve one, unless otherwise specified. Where oil spray is mentioned, use a calorie-controlled one.

Breakfast choices

Eggs on toast with spinach

356 kcals, 15.2g fat, 4g sat fat, 35.3g carbs, 3.7g sugar, 5.3g fibre, 21.6g protein, 1.4g salt
Toast 2 wholemeal slices of bread and top with 10g low-fat spread. Scramble 2 medium eggs with a dash of milk. While the eggs are warm add in a handful of fresh spinach and stir through until starting to wilt. Season with black pepper and serve the eggs on top of the toast.

Caramelised pear porridge

442 kcals, 13.2g fat, 3.9g sat fat, 67.4g carbs, 36.7g sugar, 9.6g fibre, 14.4g protein, 0.3g salt.
Put 50g oats, 200ml milk and ¼tsp each of ground ginger, nutmeg and cinnamon in a small saucepan over a high heat. Heat through until it starts to boil, then reduce the heat to low and cook for a further 10 minutes. Meanwhile, melt 2tsp honey and 1tsp low-fat spread in another saucepan over a medium heat with a dash of water, until starting to slightly bubble. Add in 1 peeled and halved pear and cook for 2 minutes on each side until softened. Serve the porridge topped with the pear slices and drizzle over the remaining honey mixture. Top with 1tsp chopped nuts and a sprinkle of cinnamon.

Healthy grill up

43 kcals, 11g fat, 2.6g sat fat, 28g carbs, 6.9g sugar, 8.5g fibre, 31.4g protein, 2.7g salt
Preheat the oven to 200°C and cook 1 hash brown and 1 Quorn sausage for 15-20 minutes. Meanwhile, grill 2 reduced-fat bacon medallions, 3 mushrooms and ½ tomato under a low-medium heat for 10-15 minutes, turning halfway. Beat together 1 medium egg with a dash of skimmed milk, and microwave for 1-2 minutes until scrambled. Warm 90g baked beans through. Put everything on a warm plate and enjoy!

Protein smoothie

385 kcals, 12.1g fat, 3.8g sat fat, 36.5g carbs, 31.5g sugar, 3.5g fibre, 34.2g protein, 0.4g salt
Put 1 medium banana, 15g 100% nut peanut butter, 50g low-fat Greek yogurt, 200ml low-fat milk and 25g chocolate protein powder in a blender and blitz until smooth.

Wholegrain cereal and fruit

Per serving: 283 kcals, 4g fat, 2g sat fat, 48.9g carbs, 19.2g sugar, 6.6g fibre, 11.2g protein, 0.2g salt
Put 40-45g wholegrain cereal, such as shredded wheat, Weetabix or All Bran, with 150ml semi-skimmed milk and a medium apple or pear.

HOW TO USE PROTEIN TO YOUR ADVANTAGE

- Spread your intake throughout the day – our body can only use a certain amount of protein at a time, so it's best to ensure you eat regular protein-filled meals or snacks.
- Remember plant protein still counts – it's not just meat and eggs – pulses, nuts, seeds, soya products and some alternative milks also provide a good amount of protein.
- Team it with fibre for the ultimate combo – add fibre to meals alongside protein for a super filling meal. Choose wholegrains whenever possible, bulk out meals with fruit and vegetables, and load up on pulses, nuts and seeds for added fibre too.

Continued over the page...

Lunch choices

Sweet potato and lentil soup (Serves 6)

Per serving: 292 kcals, 7.5g fat, 2.2g sat fat, 51.7g carbs, 19.9g sugar, 9.7g fibre, 8.7g protein, 2.1g salt

Put 2tbsp olive oil in a large pan and add 1 crushed garlic clove and 2 medium diced onions. Cook over a medium heat for 2 minutes. Add 2tsp medium curry powder, 1 large chopped apple, heaped tsp grated fresh ginger and a handful of fresh coriander and cook for a further 2 minutes. Add 1.2 litres reduced-salt vegetable stock, 100g dried red lentils, 300ml low-fat milk and 800g peeled and cubed sweet potato. Leave to simmer over a low-medium heat for 20 minutes. Add a few squeezes of lime juice to your taste preference and season to taste. Blend well using a hand blender. Serve garnished with fresh coriander.

Salmon & egg on toasted bagel

423 kcals, 16.7g fat, 4.2g sat fat, 41.5g carbs, 5.2g sugar, 3.8g fibre, 25.1g protein, 2.5g salt

Toast 1 wholemeal bagel and spread with 1tsp low-fat spread. Top with 2 medium eggs, scrambled, 25g smoked salmon, chopped, and season with black pepper. Garnish with fresh dill if you have some.

Tomato and feta omelette

410 kcals, 24.7g fat, 8.3g sat fat, 10.9g carbs, 9.4g sugar, 3.5g fibre, 36.6g protein, 2g salt

Preheat the grill to medium. Heat 2tsp olive oil over a medium heat in a frying pan, add ½ a small diced onion and cook for 2-3 minutes until starting to soften. Meanwhile, crack 4 medium eggs into a bowl, add a splash of low-fat milk and beat with a fork or whisk. Season lightly with pepper, chives and 1tbsp fresh chopped parsley. Pour the beaten eggs into the frying pan with the onions, then reduce the heat to low and cook for 3–4 minutes, tilting the pan and drawing the mixture in from the sides until the omelette is set and cooked underneath. Scatter over 50g halved cherry tomatoes and 40g reduced-fat feta, then place the pan under the grill for 3–4 minutes until the feta has softened and the omelette is set and golden brown. Slide the omelette out of the pan onto a plate and garnish with another tbsp chopped parsley. Serve with a side salad of lettuce, cucumber and the cherry tomatoes.

Ham and cheese salad sandwich

362 kcals, 16.5g fat, 5.1g sat fat, 26.7g carbs, 4g sugar, 6.9g fibre, 24.6g protein, 1g salt

Spread 1 medium wholemeal bread roll with 10g low-fat spread. Top the bottom of the roll with 20g lettuce, 2 slices of tomato, 15g reduced-fat cheddar and 2 slices lean ham. Spread 1tsp mayonnaise and 1tsp mustard on the top of the roll, and sandwich together.

Beans and cheese on toast

399 kcals, 8.8g fat, 3.6g sat fat, 51.1g carbs, 7.4g sugar, 13g fibre, 21.6g protein, 1.9g salt

Toast 2 medium slices wholemeal bread to your liking and top with 10g low-fat spread. Meanwhile, put 200g no added sugar beans in a microwaveable bowl and cover. Cook on full power in the microwave for 90 seconds. Top the toast with the beans and finish with 15g reduced-fat grated Cheddar.

Dinner choices

Turkey meatballs with courgetti (Serves 2)

Per serving: 467 kcals, 6.1g fat, 1.6g sat fat, 33.8g carbs, 29.1g sugar, 9.1g fibre, 70g protein, 1.9g salt

Place a frying pan over a medium heat and spray with cooking spray. Cook 1 medium diced onion and 1 crushed garlic clove for 3-4 minutes until starting to soften. Meanwhile, in a bowl mix together 500g lean turkey mince, 1 finely diced onion, 1 crushed garlic clove, 2tbsp tomato puree and black pepper to season. Shape the mixture into golf ball-sized rounds. Add the turkey balls to the pan and cook for 4-5 minutes, turning frequently. Add a 400g tin chopped tomatoes, 200g tomato passata and 1tsp dried mixed herbs, mix together and cook for 5 minutes. Next add 100g halved cherry tomatoes and a few sprigs of fresh basil to the pan, and cook for a further 3-4 minutes. Meanwhile, cut a 400g courgette into ribbons or spirals using a spiraliser. Soften in a pan of boiling water for 2-3 minutes, drain and divide between two shallow bowls or plates. Top the courgetti with the turkey meatballs and sauce.

Tofu, broccoli & cashew stir-fry (Serves 2)

Per serving: 516 kcals, fat 20.8g, sat fat 3.5g, carbs 60.9g, sugar 18.4g, fibre 11.4g, protein 21.9g, salt 2.0g

Place a wok over a medium-high heat and add 1tbsp toasted sesame oil. Once hot add 100g broccoli florets and cook for 2-3 minutes. Next add 1 finely sliced red chilli and 1 crushed garlic clove and cook for a further 2 minutes before adding 400g mixed stir-fry vegetables and 200g cubed tofu. Cook for 5 minutes, stirring frequently. Add 1½tbsp hoisin and 1tbsp reduced-salt soy sauce to the wok along with 30g unsalted cashew nuts, and heat through for 2 minutes. Serve hot with 125g cooked wholegrain rice per person.

Slow cooker beef curry (Serves 6)

Per serving: 528 kcals, 18.4g fat, 6.5g sat fat, 70.3g carbs, 10.8g sugar, 5.3g fibre, 24.9g protein, 0.5g salt

Heat 1tsp of olive oil in a frying pan over a medium heat and brown a 500g beef brisket joint. Place the browned meat into a slow cooker. Heat a tbsp olive oil in the frying pan and cook 2 medium diced onions for 3 minutes until starting to soften. Add 2 crushed garlic cloves, 2 finely sliced red chillies and 1tsp grated fresh ginger and cook for another 2-3 minutes. Transfer to the slow cooker. Add 3tsp each of ground cumin and coriander, 1tsp turmeric and two 400g tins chopped tomatoes to the slow cooker, then fill one of the empty cans with water and add this. Stir all the ingredients together and press down the meat to ensure everything is covered in liquid. Cook on low for 6-7 hours. About half an hour before serving, add 1tsp garam masala and 150g low-fat natural yogurt and season to taste with salt, pepper and a little more chilli. Before serving, gently break

By: Carly Honeyfield. **Pictures:** Shutterstock

up the meat into chunks. Serve with 125g cooked rice per person and garnish with fresh coriander.

Pad Thai with prawns (Serves 2)

Per serving: 469 kcals, 16.6g fat, 4.4g sat fat, 55.4g carbs, 15.1g sugar, 5.9g fibre, 21.4g protein, 4g salt

Heat 1tbsp toasted sesame oil in a wok or frying pan over a high heat, then add 320g stir-fry vegetables and cook for around 3-4 minutes. Add 300g fresh flat noodles, 200g cooked prawns, 2tbsp sweet chilli sauce and 2tbsp reduced-salt soy sauce and stir fry for a further 4-5 minutes, until the veg has softened and everything is piping hot. Serve garnished with fresh lime slices and diced red chilli.

Feta and pesto spaghetti (Serves 2)

Per serving: 415 kcals, 12.7g fat, 3.2g sat fat, 59.2g carbs, 8.7g sugar, 12.4g fibre, 18g protein, 1.3g salt

Cook 150g wholewheat spaghetti according to the packet instructions. Meanwhile, lightly spray a frying pan with cooking spray and set over a medium heat. Add 300g halved cherry tomatoes and cook for 2 minutes until starting to soften. Add 1 crushed garlic clove and cook for a further minute. Once cooked, drain the spaghetti and return to the warm pan and stir in 80g reduced-fat green pesto. Add the garlic and tomatoes to the spaghetti and mix through. Leave on the heat for 1-2 minutes to warm through. Scatter over 60g reduced-fat feta cubes and serve garnished with fresh basil.

Pea soup with cod and chorizo (Serves 2)

Per serving: 518 kcals, 11.5g fat, 3.3g sat fat, 60.7g carbs, 14.3g sugar, 17.5g fibre, 45.5g protein, 2.7g salt

Preheat your oven to 200°C/180°C Fan/Gas mark 6. Place two 140g cod fillets on pieces of tin foil and wrap up into little parcels. Peel and finely slice ½ an onion then scatter on a baking tray along with 30g finely chopped chorizo sausage and the cod parcels. Bake in the oven for 15-20 minutes, until the fish is cooked through and flaky. Meanwhile, place a large saucepan over a medium heat and spray with cooking spray. Add 1 medium diced onion and 1 crushed garlic clove and cook for 3-4 minutes until starting to soften. Add 300g peeled and cubed potatoes, 1 reduced-salt vegetable stock cube and 700ml boiling water to the pan and season with black pepper. Reduce the heat, cover and simmer for 15 minutes. Add 400g frozen peas to the pan and simmer for a further 3 minutes. Set aside and allow to cool for 5 minutes before blending together using a hand blender or food processor. Reheat on the hob, then serve in warm bowls topped with the cod loin, roasted onion and chorizo pieces.

Salmon and vegetable traybake

516 kcals, 24.2g fat, 4.3g sat fat, 46.5g carbs, 7.7g sugar, 5.7g fibre, 30.3g protein, 0.7g salt

Preheat your oven to 220°C/200°C Fan/Gas mark 7. Cut 250g baby potatoes into 1cm thick slices. Lay out on a baking tray which is lightly coated in cooking spray. Scatter over ½ red onion cut into wedges, 1 crushed garlic clove and drizzle over 1tsp of olive oil. Toss to coat everything. Place on the middle shelf of the oven for 10-15 minutes until the potatoes are starting to soften. Remove from the oven and shake lightly to avoid sticking and scatter over 5 halved cherry tomatoes. Lay a 120g salmon fillet on top. Spray with cooking oil and season with salt, pepper and some finely chopped chilli. Scatter over a few sprigs of fresh thyme and pop back in the oven for 10-15 minutes, until the salmon is cooked through.

Protein Powered Snacks

Peanut chocolate protein balls (makes 16 balls)

Per ball: 102 kcals, 5.4g fat, 1.7g sat fat, 9.3g carbs, 5.2g sugar, 1.1g fibre, 4.6g protein, 0.1g salt

Add 80g oats, 125g smooth peanut butter, 70g honey, 40g chocolate protein powder, 40g dark chocolate chips and 30ml water in a large mixing bowl, and mix well to combine, forming a dough-like consistency. Using your hands, or a small batter scoop, form 16 balls. Place on a tray or plate and leave in the fridge to set for one hour.

Houmous & pitta

221 kcals, 10.3g fat, 1.2g sat fat, 22.7g carbs, 0.7g sugar, 5.5g fibre, 8.4g protein, 0.8g salt

60g reduced fat houmous, 1 mini wholemeal pitta bread.

Tuna & cucumber bites

187 kcals, 5.3g fat, 0.7g sat fat, 7.2g carbs, 4.9g sugar, 2.4g fibre, 27.7g protein 0.9g salt

Cut 200g cucumber into thick slices, hollow out the top of each a little. Mix together 100g drained tuna, 1tbsp sweetcorn and 10g light mayonnaise. Top each cucumber slice with a little tuna mix.

Ham & cheese lettuce roll ups

175 kcals, 10.1g fat, 4.7g sat fat, 3.9g carbs, 2.7g sugar, 1.2g fibre, 17.7g protein, 1.5g salt

Lay out two large lettuce leaves. Top each with 15g lighter Cheddar cheese slices, 20g ham slice, 2 tomato slices and 5g light mayonnaise. Roll each up into a wrap and enjoy.

Fruit & nut yogurt

171 kcals, 6.6g fat, 1.8g sat fat, 18.4g carbs, 17.3g sugar, 2.7g fibre, 10g protein, 0.2g salt

Top 150g low fat natural yogurt with 80g mixed berries and 10g crushed mixed nuts.

Apple rings with peanut butter (Serves 2)

Per serving: 169 kcals, 11.7g fat, 2.6g sat fat, 11.1g carbs, 9.4g sugar, 2.6g fibre, 5.6g protein, 0g salt

Core a medium apple and slice into 4 thick slices. Top the slices with a little peanut butter (20g in total), some mixed nuts (20g total) and some dark chocolate drops (10g total).

nutra check

TWO MONTHS' MEMBERSHIP FOR FREE

WORTH £11.98

- **Go to nutracheck.co.uk/bella to sign up**
- **Enter the code BELLA25JAN1 in the promotional code box on the Membership Options page and press 'confirm'.**
- **Complete your sign-up and two months' free membership will be added to your account.**
- **If you have an iPad, tablet or smartphone, don't forget to download the App – search for 'Nutracheck' in the app store.**
- **The offer closes on 6 February 2025.**

TERMS AND CONDITIONS:

You must be 18 years or over to join the Nutracheck service. The two months' free membership includes use of the Nutracheck app and website. This offer is only available to first time new members.The code must be used by 6 February 2025 and can only be used once on your account. There is no cash alternative.

Weight
BMI
NOW
11st 12lbs
LOST SO FAR
1st 12lbs
GOAL
11st
LEFT TO LOSE
12lbs
AWARDS
Weigh-in

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

EASY WAYS TO LOSE THE BOOZE

If you want glowing skin, better sleep and more energy, then it might be time to ditch alcohol. Nutritionist Juliette Kellow reveals how to go dry for January… and beyond

Whether it's a glass of wine with dinner, a night at the pub with the girls, or a couple of G&Ts after work, alcohol might often feature in your weekly routine. In fact, only a quarter of women in the UK are teetotal, 43% drink at least once a week and 21% of 45-to-64-year-olds exceed the recommended 14 units of alcohol a week, potentially putting their physical and mental health at risk.

The good news is that charity Alcohol Change UK found a quarter of women were keen to cut down on drinking. Better still, it's easier than you might think to lose the booze completely. Here's how…

Nutritionist Juliette Kellow

Prepare to quit

Start your booze-free journey by keeping a diary for a few weeks to identify your drinking patterns, habits and triggers – the people, occasions and feelings such as boredom, anger, stress and anxiety that go hand-in-hand with drinking. Go through your calendar, too, and pinpoint future events where drinking will be likely, such as birthdays, nights out or dates. Being aware of times when you'd normally drink means you can develop strategies to enjoy them without alcohol. Finally, if you think you might be dependent on alcohol, it can be dangerous to suddenly stop drinking, so see your doctor first.

Be savvy in social situations

Tell friends and family you're going booze-free so they're less likely to pressure you into drinking. If people persist in trying to sabotage your good intentions, explain you're staying teetotal. You can give as much or as little information as you want, but be firm. You could explain you have a heavy workload, you're training for a sporting event, or that you want to be healthier! If there are other non-drinkers out with you, get into a round with them. Meanwhile, driving – and offering lifts home – is a hassle-free way to enjoy an alcohol-free night with drinkers.

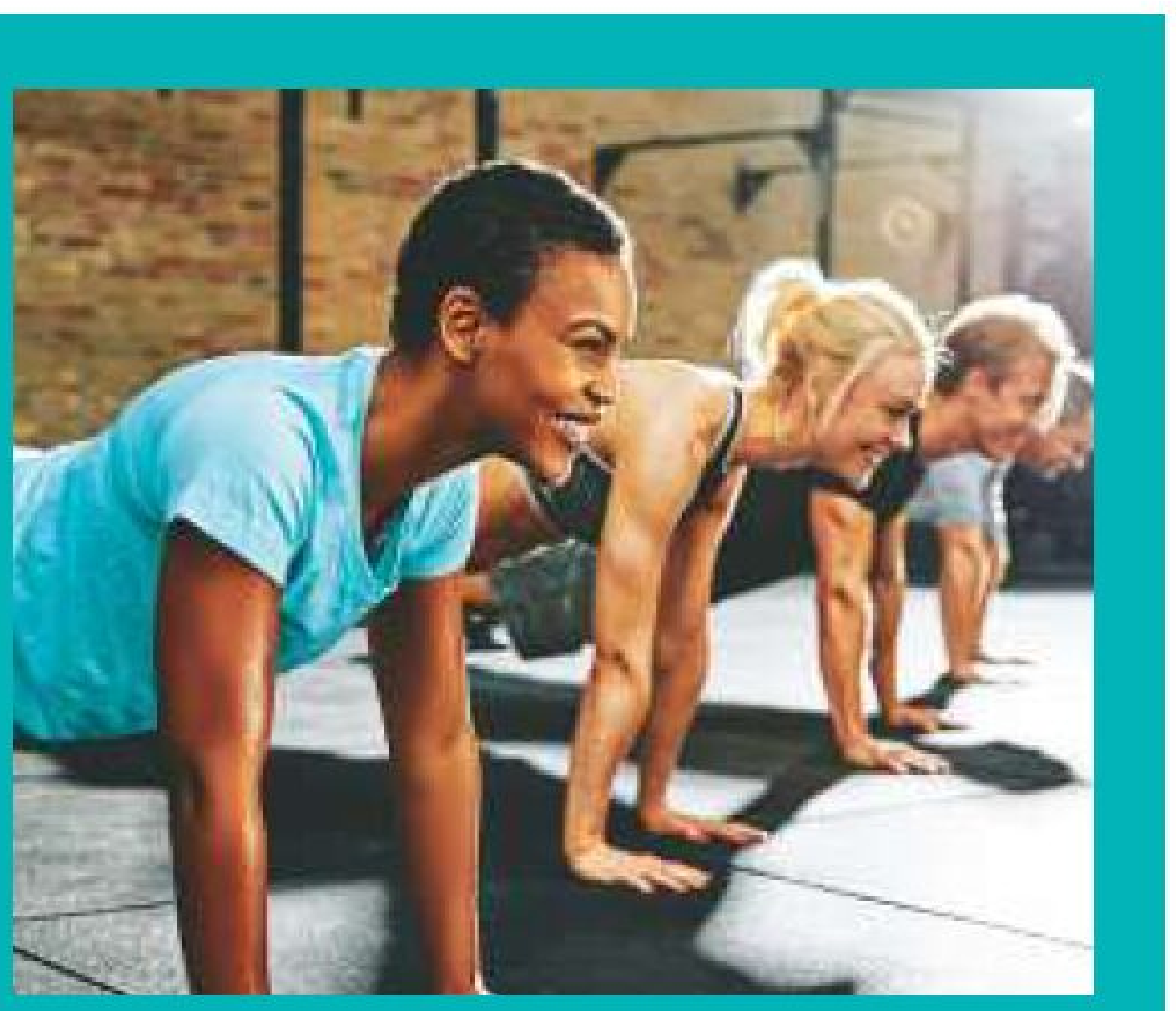
Create your own mocktails

No and low-alcohol (NoLo) wines, lagers, ciders and spirits are bang on-trend and widely available as more of us become teetotal. Meanwhile, it's often mixers that provide the unique flavour we associate with alcoholic beverages, so try a drink that looks and tastes similar to your usual tipple but without the booze – think tonic, ice and lime minus the gin! Experiment with flavoured tonics, lemonades and sodas too – try elderflower, raspberry, aromatic or citrus flavours served in a Champagne glass with sprigs of mint, basil or rosemary, or a few berries. Or try a ginger-based drink – the heat and spice can make a drink seem alcoholic. And don't forget mocktails – virgin mojitos, daiquiris and porn star martinis will make you think you're enjoying a tipple, minus the hangover the next day!

Develop strategies

A key step in giving up booze is developing strategies to manage situations typically linked with drinking. If seeing alcohol is a trigger, keep bottles in cupboards at home and skip the booze aisle when shopping. If you drink in response to emotions, find new ways to cope – for example, having a bath to de-stress, watching a comedy to reduce anxiety, exercising if you're feeling angry, or calling a friend when lonely. Replace meeting friends in a pub with a coffee catch-up, a shopping trip, or a weekend walk. Meanwhile, expand your social circle by taking up a new activity that lets you meet people with a shared interest in a booze-free environment, such as a choir, amateur dramatics group or running, photography, hiking, pottery or art clubs.

Find new ways to unwind



Many of us reach for a drink the minute we get home from work or use booze as a transition into leisure time when we've been working at home, so find alcohol-free ways to create that break between work and play. Changing your drink for an alcohol-free one can work. Alternatively, change your behaviour, such as having a shower, putting on different clothes, going for a walk or doing an exercise class. If you often have a tipple in the evening while watching TV, swap booze for a hot drink. Try a new hobby too, something that requires focus and concentration, such as sewing or doing puzzles or crosswords. Going to bed earlier is also a good solution if late-night drinking is your weakness.

Embrace the benefits

There are many long-term health gains when you avoid alcohol, including a lower risk of heart disease, stroke, liver disease, brain damage, and bowel, breast and mouth cancers. But many benefits are more instant! Just 24 hours without alcohol means a better night's sleep, no hangover, more energy and a happier mood. Within a few booze-free days, your skin should start to look brighter with fewer wrinkles, and eyes should feel less scratchy and dry. Skipping alcohol could also benefit your love life. A review of studies found alcohol increased the likelihood of sexual problems, such as a lack of desire and difficulties with arousal and reaching orgasm, by 74%. You could also find yourself dropping several dress sizes – cutting out two daily glasses of wine saves enough calories to lose 2st in a year! Don't forget the budget bonuses. Spending £30 each week at the pub adds up to £1560 annually! Write down your reasons for going teetotal, for example, 'I want to fit into my favourite trousers', 'I want to be hangover-free on Sundays' or, 'I want to save for a holiday', then check this list if you're tempted to drink.

By Juliette Kellow. **Pictures:** Adobe Stock

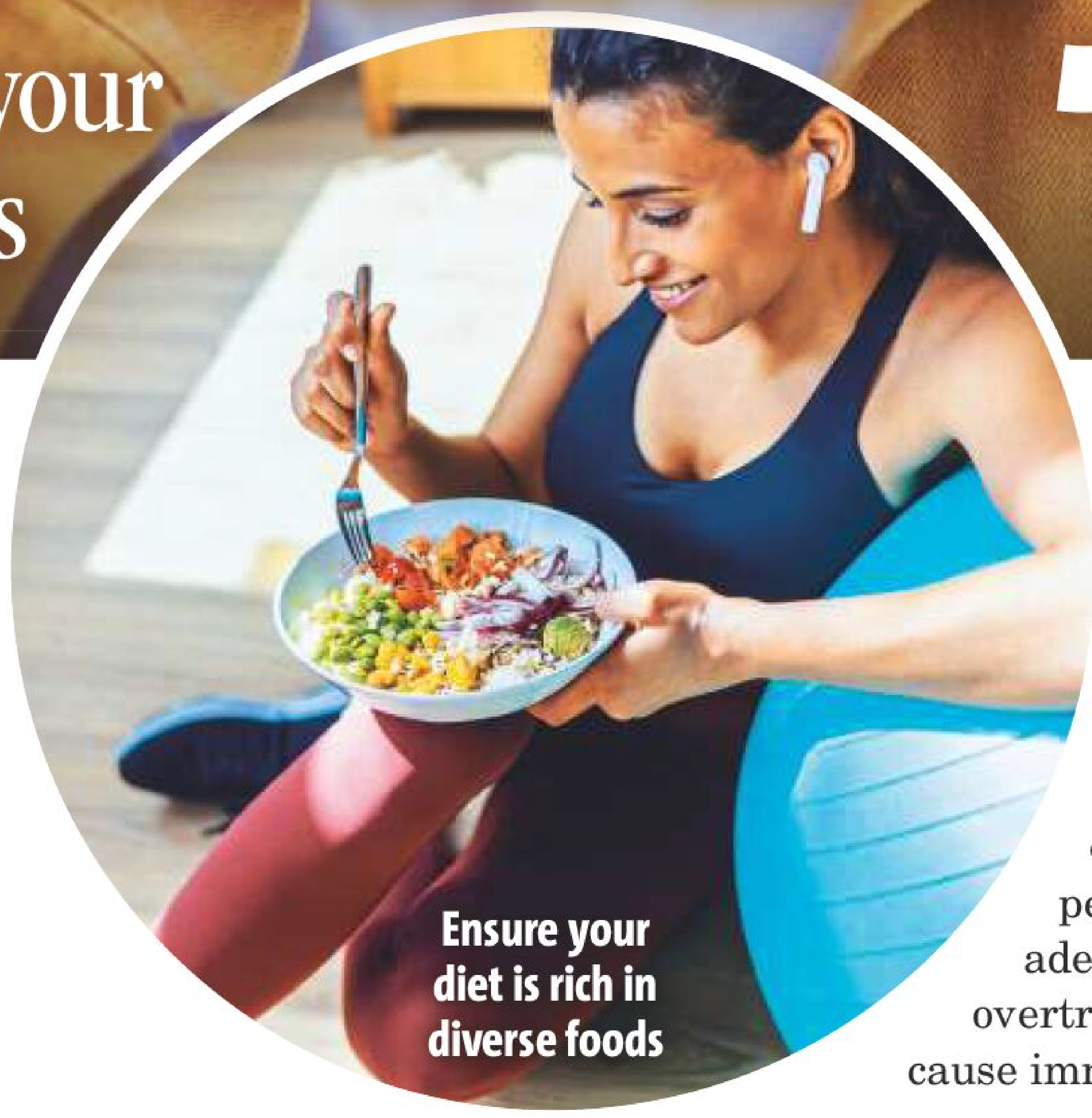
Supercharge your immunity

Take on winter bugs and lower your cancer risk with these expert tips

With cough and cold season in full swing, you'll want to make sure your immune system is in good shape. It's also important that we keep ourselves as healthy as possible to avoid more serious illnesses. The good news is that improving your immunity is cheap and simple, once you know how.

Here, Dr Jenna Macciochi, an immunologist and author of *Immunity: The Science of Staying Well and Your Blueprint for Strong Immunity*, shares her science-backed advice to keep yourself in tip-top shape.

Dr Jenna Macciochi



Ensure your diet is rich in diverse foods

Stay active

It may be sofa season, but your immune system will thank you for a bit of movement. Dr Jenna explains, 'Exercise is crucial for a healthy immune system, primarily by enhancing immune surveillance – where immune cells efficiently detect and eliminate pathogens (infectious microorganisms such as viruses) and abnormal cells, including cancer cells.'

She adds, 'Regular physical activity improves circulation and induces shear stress on blood vessels, promoting vascular health and reducing chronic inflammation – a key factor in many diseases, including cancer. Muscle mass maintained through strength training plays a vital role in metabolic health and immune function too.'

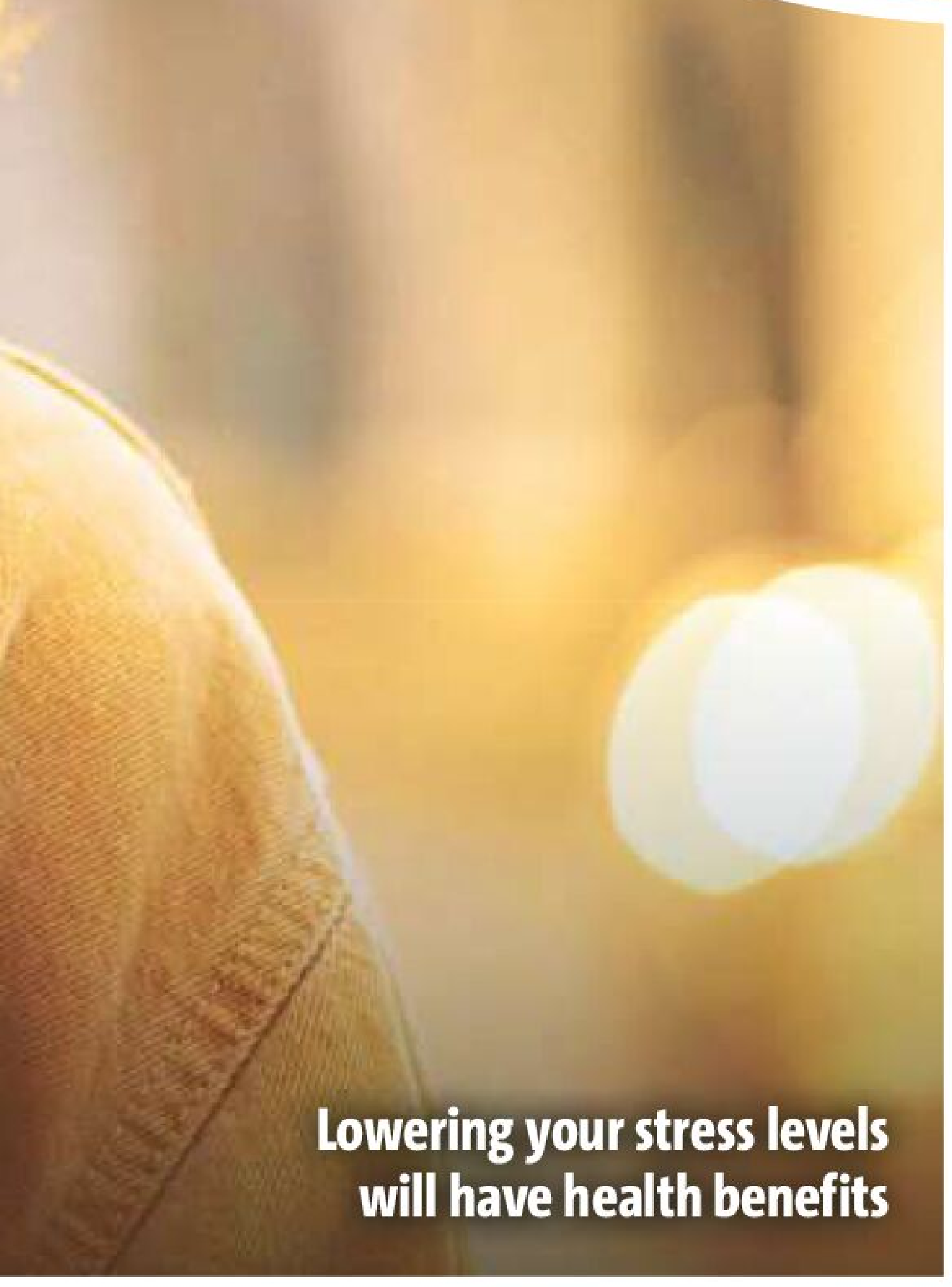
For optimal immune support, Dr Jenna suggests, 'combining aerobic exercise – like walking or cycling – with strength training. Aim for at least 150 minutes of moderate exercise per week, ensuring adequate rest (as overtraining can actually cause immune suppression).'

Recharge your social life

Strong connections with others make us happy, but it can actually improve the immune system too.

Dr Jenna says, 'There is growing evidence that happiness and social connections can positively influence the immune system. Positive emotions and a strong

Strong connections with others can boost the immune system



Lowering your stress levels will have health benefits

social support network are linked to lower levels of stress hormones, reduced inflammation, and better immune function. Social isolation and loneliness, on the other hand, are associated with higher levels of stress and inflammation, which can weaken the immune response. The Harvard Study of Adult Development showed this is key to health and longevity via the immune system's inflammatory response.'

Prioritising your social life as you would your health is also important. Arrange to see family and friends as much as possible and find local clubs you can join to meet like-minded people in your area.

Enhance gut health

You cannot look at improving your immune system without addressing your gut health, says Dr Jenna. She explains, 'Gut health is intricately linked to the immune system. Around 70% of our immune cells reside in the gut, all along the digestive tract. Here they interact closely with the gut microbiome and this is an area critical for immune regulation, both in the gut and beyond. A healthy gut microbiome helps to educate the immune system, reduce inflammation, and protect against pathogens (micro-organisms that cause disease).'

How do we improve our gut health? Dr Jenna says, 'Essentially, we should aim to focus on a diet rich in diverse foods such as fruits, vegetables, whole grains, and legumes. Fermented foods such as yogurt, kefir, sauerkraut and kimchi can introduce beneficial bacteria to the gut. Prebiotic foods, such as garlic, onions and bananas, provide nourishment for these beneficial bacteria. These things have also been shown to improve our immune system too.'

'Gut health is intricately linked to the immune system'

When looking at your diet, it's also important to increase your fibre intake. Dr Jenna explains, 'Fibre is food for our gut bugs, helping to keep our inner ecosystem happy. It acts as a prebiotic, providing food for the beneficial bacteria in our gut, which in turn produce short-chain fatty acids that have anti-inflammatory properties. Fibre also helps to regulate bowel movements, control blood sugar levels and lower cholesterol. It is found in plant-based foods such as fruits, vegetables, whole grains, legumes, nuts and seeds. Aim for a variety of fibre sources to support overall gut health.'

'A healthy diet should be the primary source of nutrients'

Reduce stress

We all know long-term stress isn't good for us, and Dr Jenna says it's essential to keep our stress levels down to maintain a healthy immune system. She explains, 'Short-term stress triggers the "fight or flight" response, temporarily boosting immune function by mobilising immune cells to prepare for immediate threats. This adaptive response is essential for survival, helping the body handle acute challenges such as injury or infection.

'However, long-term or chronic stress leads to prolonged elevation of stress hormones like cortisol. While cortisol is beneficial in the short term, chronic exposure suppresses the immune system, making the body more susceptible to infections, promoting inflammation and increasing the risk of chronic diseases.'

Lower your stress levels by making sure you take enough time to relax, get adequate sleep, do regular exercise and implement healthy routines, such as yoga, mindfulness or walking in nature.

Beware of 'quick fixes'

You might have been told that eating an orange, making a turmeric latte or nibbling raw garlic will improve your immune system, and they might help, but Dr Jenna says it's not that simple. She explains, 'Turmeric and garlic do have properties that can support immune health, but it's important to view them as part of a broader healthy diet rather than as "cure-alls". Turmeric contains curcumin, a compound with anti-inflammatory and antioxidant properties. Garlic has been shown to have antimicrobial effects and can modulate immune responses. While beneficial, it is important to remember that no single food "supercharges" the immune system. A balanced diet, rich in a variety of whole foods, is the best approach to supporting immune health.'

Get advice on supplements

Finally, a lot of us think of supplements when it comes to improving our immune defence, but Dr Jenna says it depends on the individual. She explains, 'While a healthy diet should be the primary source of nutrients, certain supplements can help support the immune system, particularly in individuals who may have deficiencies. Vitamin D, for instance, is crucial for immune function, and supplementation is recommended in winter (October-April) and all-year round for anyone who may not spend as much time outdoors.'

She adds, 'It's important to avoid over-supplementing, as excessive amounts of certain vitamins and minerals can actually harm the immune system. Ideally, supplements should be tailored to individual needs based on dietary intake and potential deficiencies. They shouldn't be a replacement for a healthy diet.'

However, if you are feeling under the weather, supplements may help. Dr Jenna adds, 'Vitamin C and zinc may be useful to take upon the onset of symptoms – but they don't make you invincible.'

- *Visit drjennamacciochi.com*

By Annabelle Lee. **Pictures:** Adobe Stock, Emma Croman

One-minute energy boosters!

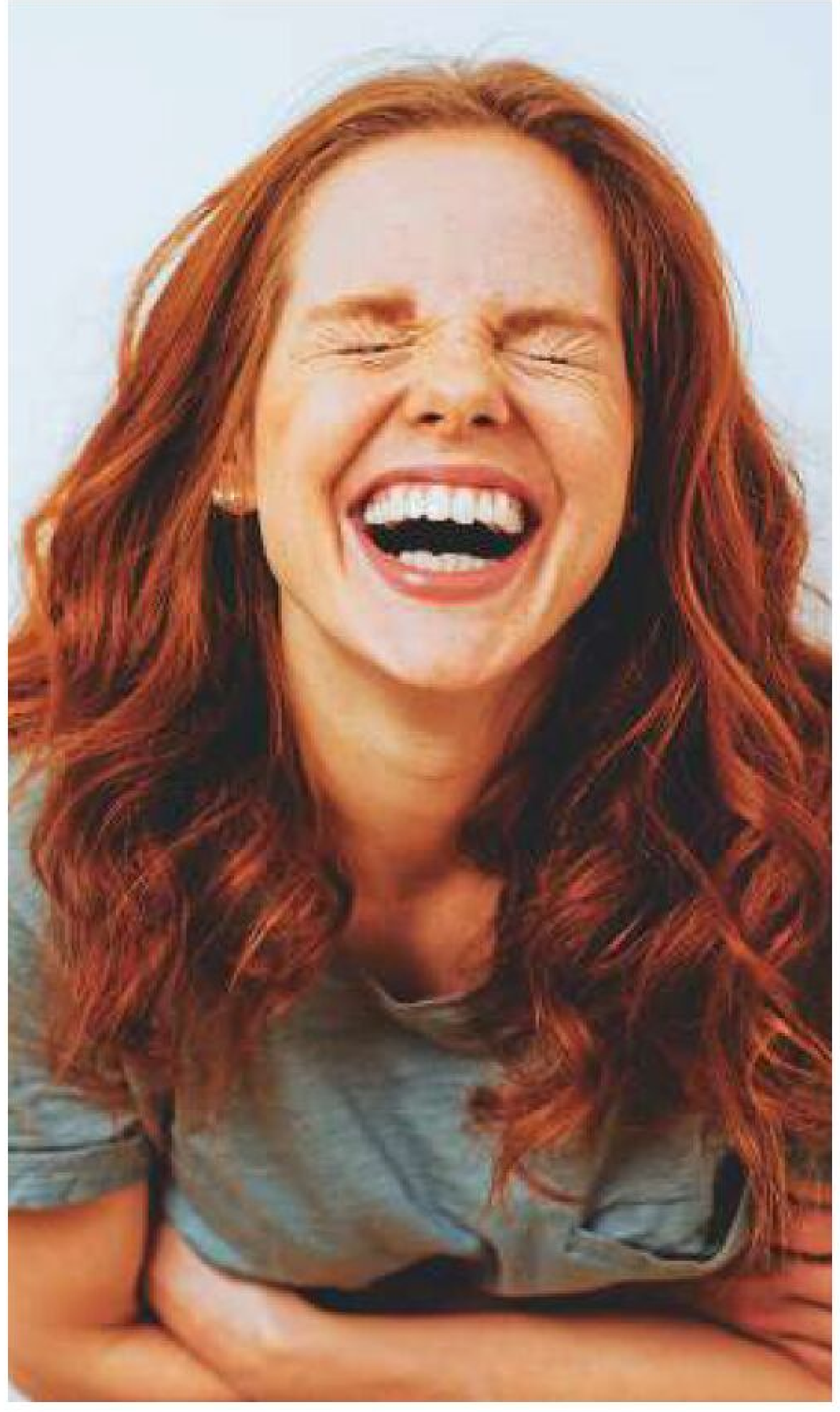
Pro advice on how to shake off the dark days and perk up in 60 seconds

The nights are long and the days are grey, so it's no wonder most of us are feeling in a bit of a slump. But while there are lots of things you can do long-term to boost your energy, there are also plenty of quick fixes that will soon uplift you. So, next time you're struggling to get off the sofa, try these strategies to help instantly reduce fatigue.

Try yoga

Just a minute of yoga can be beneficial for a quick energy boost. Nutritionist, personal trainer and yoga instructor Anthea McCourtie (youbyanthea.co.uk) recommends the cobra and upward dog poses. She says, 'Backbend poses are energising as they compress the adrenal glands, stimulating our sympathetic (fight or flight) nervous system, boosting our get-up-and-go energy.' To do a cobra, lie face-down on a mat, place your hands flat below your shoulder blades, and push up, keeping your elbows bent, raising your chest off the floor. Keep your head looking forward. An upward dog is the same, but the arms extend to straight, lifting your body off the floor. Hold each pose for a couple of inhales and exhales.

Enjoy a belly laugh



When participants in a study were shown 12-minute comedy clips, they reported a decrease in tension as well as an energy boost, when compared to watching clips without humour. Another study found that one minute of laughter made the participants feel a similar energy surge to that experienced after exercise. Psychotherapist Kamalyn Kaur (kamalynkaur.com) explains, 'Laughter reduces stress, boosts energy and improves our overall wellbeing because it triggers the release of endorphins. Try thinking of a funny memory, a time you laughed so hard you had tears running down your face, ring a friend who always makes you laugh, or watch a clip from your favourite comedy.'

By Annabelle Lee. **Pictures:** Adobe Stock

Take a deep breath

We often default to shallow breathing during the day, which can make us feel in a bit of slump. Deep breathing helps bring more oxygen to your cells, which, in turn, gives you an energy boost. Studies have also shown that it can stimulate areas in the brain linked to cognitive function. Doing just a few minutes of deep breathing can really make you feel more alert. Kamalyn explains, 'I use this particular technique with my clients. It's a simple exercise of breathing in through your nose and breathing out through your mouth. You are not counting, meditating, or visualising anything. Find a quiet place to yourself or an area where you will not be disturbed. Inhale through your nose until you feel your lungs fill up with air. Once you feel that your lungs have fully filled up, exhale from your mouth, pushing all the air out, almost as though you are blowing out candles on a cake in slow motion. Do this morning and evening – or whenever you need a lift.'

Brave a cold shower

A study carried out in the Netherlands found that turning your shower to cold at the end can have a range of health benefits, including improved immunity and circulation. But interestingly, two-thirds of the participants said the cold shower had boosted their energy as much as drinking a cup of strong coffee! Another study found that those who took cold showers reported feeling more alert and having more energy. It is thought that the cold water sends electrical impulses to your brain, which jolt your system to increase alertness. Anthea says, 'Cold showers are fantastic for an energy boost. Start with a 30-second cold blast after your regular shower, and work up to going straight into a two-minute cold shower.' Remember to speak to your doctor beforehand if you have any health conditions.

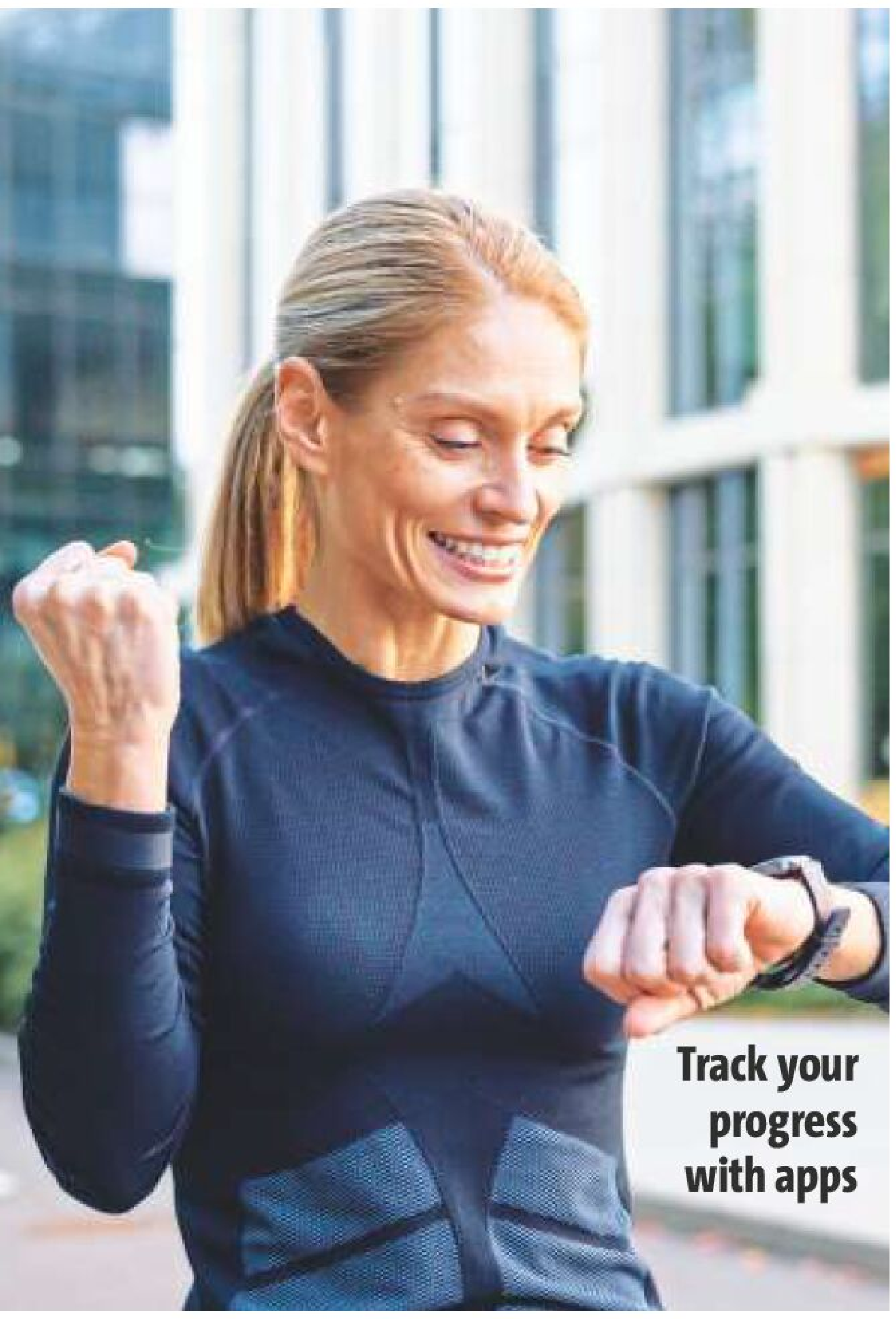
Sniff peppermint oil

Research has shown that peppermint can improve energy levels and reduce tiredness. In fact, one study found that people experienced less mental fatigue during a cognitive test when given peppermint oil capsules. Hypnotherapist and wellbeing practitioner Alison Middleton (amity-health.com) recommends inhaling the scent of peppermint oil. She says, 'Ideally, use therapeutic-grade oil. Put a few drops onto a tissue and inhale. It's thought that when sniffed or diffused, the tiny molecules go to the centre of the brain, which triggers serotonin – our happy hormone.'

Kamalyn agrees that scent can be very powerful. 'Peppermint is a strong and invigorating aroma that can feel like an energy boost. Smell can be linked to a specific memory, experience or emotion, and identifying the scents that make you feel energised, happy or motivated is a great way to get an instant energy boost.'

WALK YOUR WAY TO WELLNESS!

Uncover the hidden health benefits of a simple ramble



Track your progress with apps

Walking is one of the simplest yet most powerful forms of exercise you can incorporate into your daily routine. While it might seem like a low-impact activity, its benefits are wide-ranging and profound, extending far beyond just physical fitness.

We spoke to founder of Omni Wellness and celebrity trainer, Aimee Victoria Long, about why this simple activity should be a staple in everyone's routine. She says, 'Walking can aid in weight loss, especially when combined with balanced nutrition. While it may burn fewer calories than high-intensity workouts, it is sustainable and can be easier to maintain over time, making it more effective for long-term weight management in a lot of cases.' Indeed, consistency is key, and when combined with a healthy diet, regular walking can be transformative for those aiming to maintain a steady weight without extreme workouts.

> 'Walking can help to prevent osteoporosis'

To start reaping these benefits, Aimee recommends aiming for at least 150 minutes of moderate-intensity walking each week. 'Broken down, that equates to about 30 minutes per day, five days a week. Even shorter periods, like 10-15 minutes a few times a day, can be beneficial,' she says. Small adjustments, like getting off your commute early to walk, can go a long way.

Adding variety and intention to your walks can make a world of difference. Aimee suggests 'keeping things interesting by trying different routes, listening to music or podcasts, setting personal challenges, or walking with friends or family. Tracking progress with apps like Strava can also keep you motivated.' Incorporating these changes helps keep walking fresh and engaging, encouraging you to stick with it.

Step up your immunity

Besides weight management, walking can help to strengthen your immune system. 'When you

Exercising with friends helps motivation

increase your heart rate, your blood flow increases, carrying immune cells throughout your body,' Aimee explains. 'Increased blood flow encourages these cells to move from lymph nodes and the spleen into your bloodstream, helping boost your body's natural defences against illness.' It's a simple way to fortify your body's defences, especially important during cold and flu seasons.

Walking is also beneficial for mental health, supporting brain function, and sparking ideas. 'Research has suggested that walking can enhance cognitive function and creativity by improving blood flow to the brain and reducing mental fatigue,' Aimee notes. The rhythmic, meditative motion of walking helps clear the mind, reduce stress, and improve focus, making it a go-to activity for those needing a mental boost.

Your bones get a major advantage from walking as well. Aimee points out that walking helps maintain bone density, which is crucial in preventing osteoporosis – a common symptom of the menopause. 'Weight-bearing walks, like brisk walking or hiking, are particularly effective. They require the most force going through the bones. The more force you can safely transfer through your joints and bones, the more you're going to improve your bone density and strength.' It's a low-impact way to support long-term skeletal health without the strain that comes from higher-impact workouts.

Embrace the great outdoors

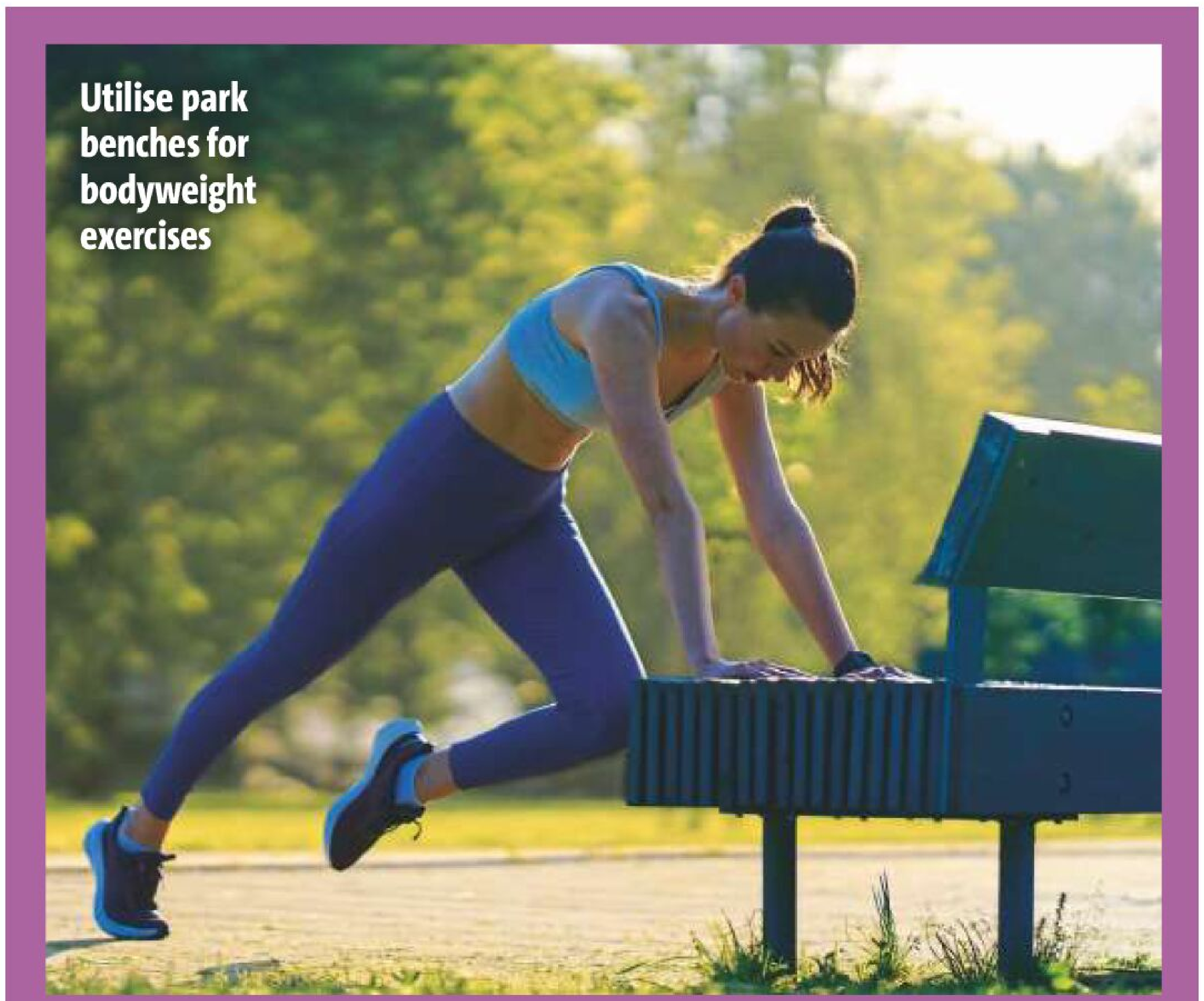
Getting outside offers the added benefit of sunlight, essential for vitamin D production, and the natural effects of nature, which further reduce stress levels. Aimee explains, 'Walking outdoors offers additional benefits, including exposure to sunlight for vitamin D synthesis and the therapeutic effects of nature, which can reduce stress levels and enhance overall wellbeing.' That said, the key is simply to get moving, whether it's outside or on a treadmill, as the health benefits of walking hold up wherever you do it.

> 'It can aid in strengthening your immune system'

The timing of your walk can also impact your energy and sleep quality as well. 'Walking earlier in the day can enhance alertness,' says Aimee. 'Getting sunlight into your eyes first thing in the morning helps maintain a positive circadian rhythm and promotes the release of positive hormones.' This can help set you up for a productive day and improve your sleep at night. Walking in the evening also has its benefits, gently signalling to your body that it's time to wind down, helping you fall asleep more easily.

And for those looking to improve digestion, a post-meal walk may be just the ticket. 'Walking after a meal helps digestion by stimulating the stomach and intestine, helping food move through your digestive tract. It's also known to help ease bloating,' Aimee says. This makes walking especially helpful for those prone to digestive discomfort or irregularity.

Overall, walking is one of the most accessible and versatile ways to improve your health, with benefits for your heart, bones, mind, and more. As Aimee reminds us, keeping it interesting can make it easier to stay motivated. Whether you're walking alone, with friends, or even catching up on your favourite podcast, the simplicity and ease of walking make it a joy to incorporate into your day. So get your trainers on, step outside, and take advantage of one of the best-kept secrets in fitness!



Utilise park benches for bodyweight exercises

SUPERCHARGE YOUR STROLL!

TAKE IT TO THE NEXT LEVEL WITH THESE EASY TWEAKS...

- Wear ankle weights: Invest in a good pair of ankle weights to increase resistance and engage leg muscles more deeply.
- Incorporate strength moves: Use benches for step-ups, tricep dips, or lunges to add bodyweight exercises along your route.
- Add in intervals: Alternate between brisk walking and a slower pace to boost your heart rate and burn more calories.
- Increase the incline: Tackle hills or adjust the treadmill incline to work your glutes and calves.
- Focus on form: Remember to engage your core, keep shoulders back, and stride with purpose to maximise benefits with every step.

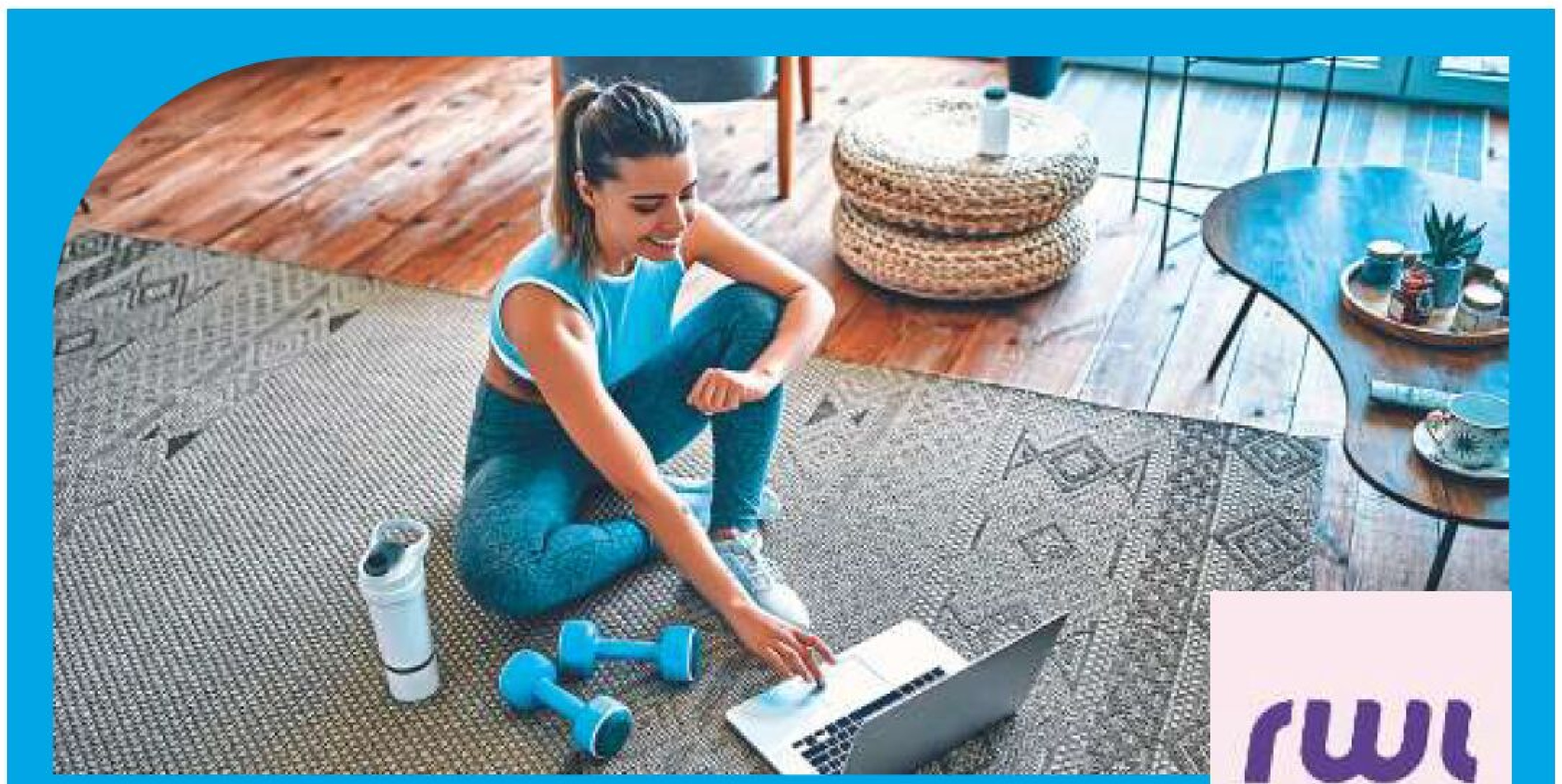
Wear ankle weights for added resistance

By: Helena Holdsworth. Pictures: Shutterstock

Get fit from YOUR PHONE

Whether you're just starting a health kick or are a seasoned pro, we've put the top fitness apps to the test…

Working out from the comfort of your own home is much more likely to help you keep up with your fitness goals. Whether you have a home gym or a rolled-up mat in the corner of your bedroom, the market is flooded with a host of apps promising to keep us accountable. Like the sound of getting fit without having to leave your house? The *Bella* team have tested out some of the best fitness apps on the market to find out which ones give you the most burn for your buck.



Best for community: RWL

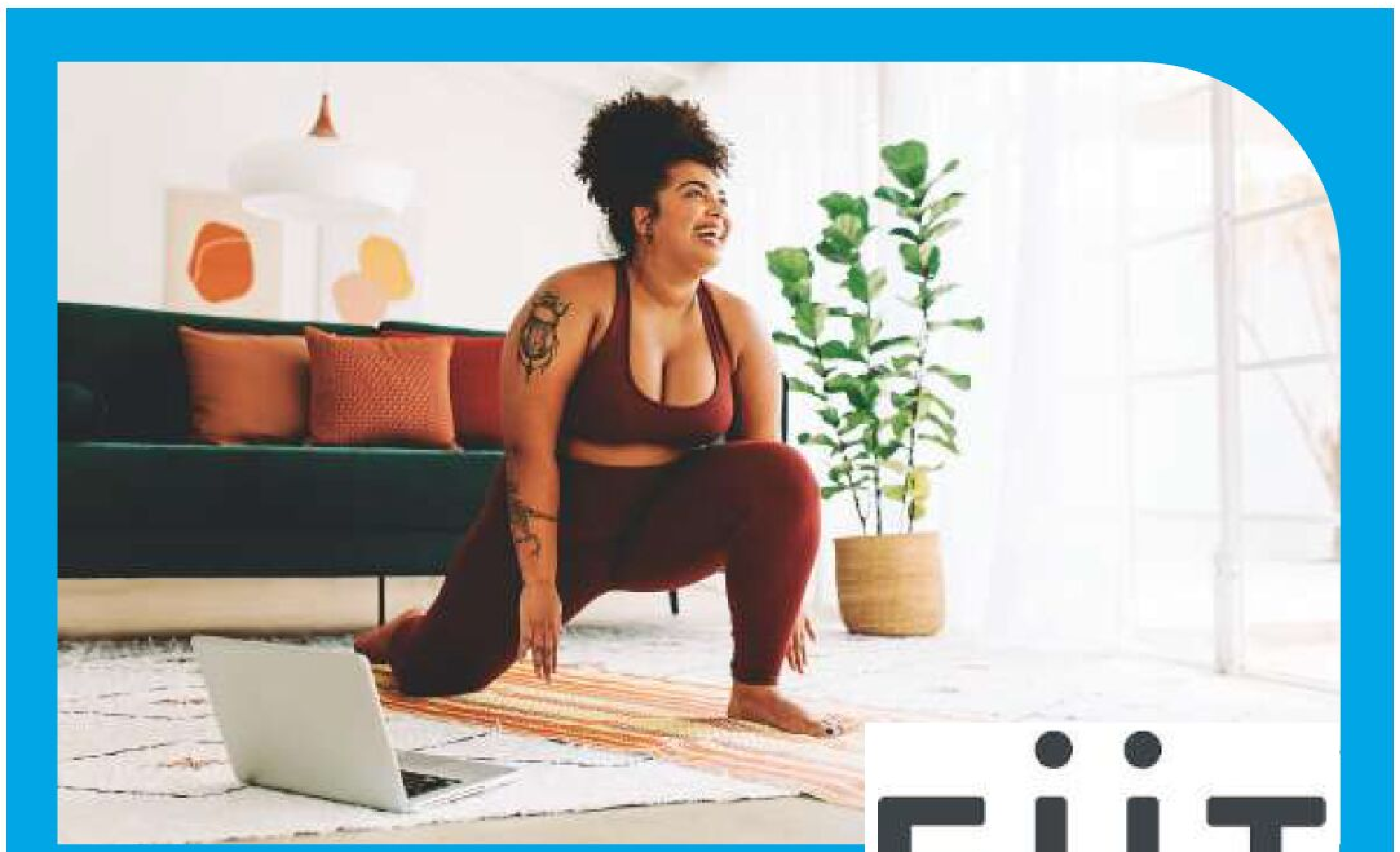
Lifestyle writer Lucy says, 'Created by Lucy Mecklenburgh, RWL (Results Wellbeing Lifestyle) offers a range of workouts for all abilities, healthy recipes and wellness courses. There are over 3,000 home workouts, ranging from beginner to advanced, and you can bookmark all your favourite videos so they're easy to repeat. We particularly love the huge online community on RWL. Scrolling through, you'll see other members sharing new recipes and celebrating their wins, and there is a book club, too. If you're the type of person who tends to feel alone on your fitness journey and could do with some moral support then RWL has got you covered. Alongside connecting with other members, RWL also offers daily live workout classes with its trainers. Our favourite is the step workout with Sarah – half an hour of step-based exercises that'll definitely get your heart rate up. These live workouts are a great way to spice up your routine and keep things fresh.'

- *Sign up for £19.99 a month or get free seven-day trial*

Best for beginners: Les Mills

Brand editor Rachel says, 'This app has really comprehensive exercise options which will make sure you're getting a thorough workout. From strength workouts in the BodyPump library, to cardio in BodyAttack and Grit. We loved the BodyBalance classes, which are a fusion of Tai Chi, yoga and Pilates and are great for a stretch session with a bit more spice. The instructors bring plenty of enthusiasm and loads of expert knowledge, so it's great for beginners, and the varied classes mean you'll be able to tailor your workouts however you like them. You can exercise with or without equipment and stream from your TV, tablet your direct from your phone. I'm a big fan!'

- *The Base membership of selected classes is available for £89.88 per year following a 14-day free trial*

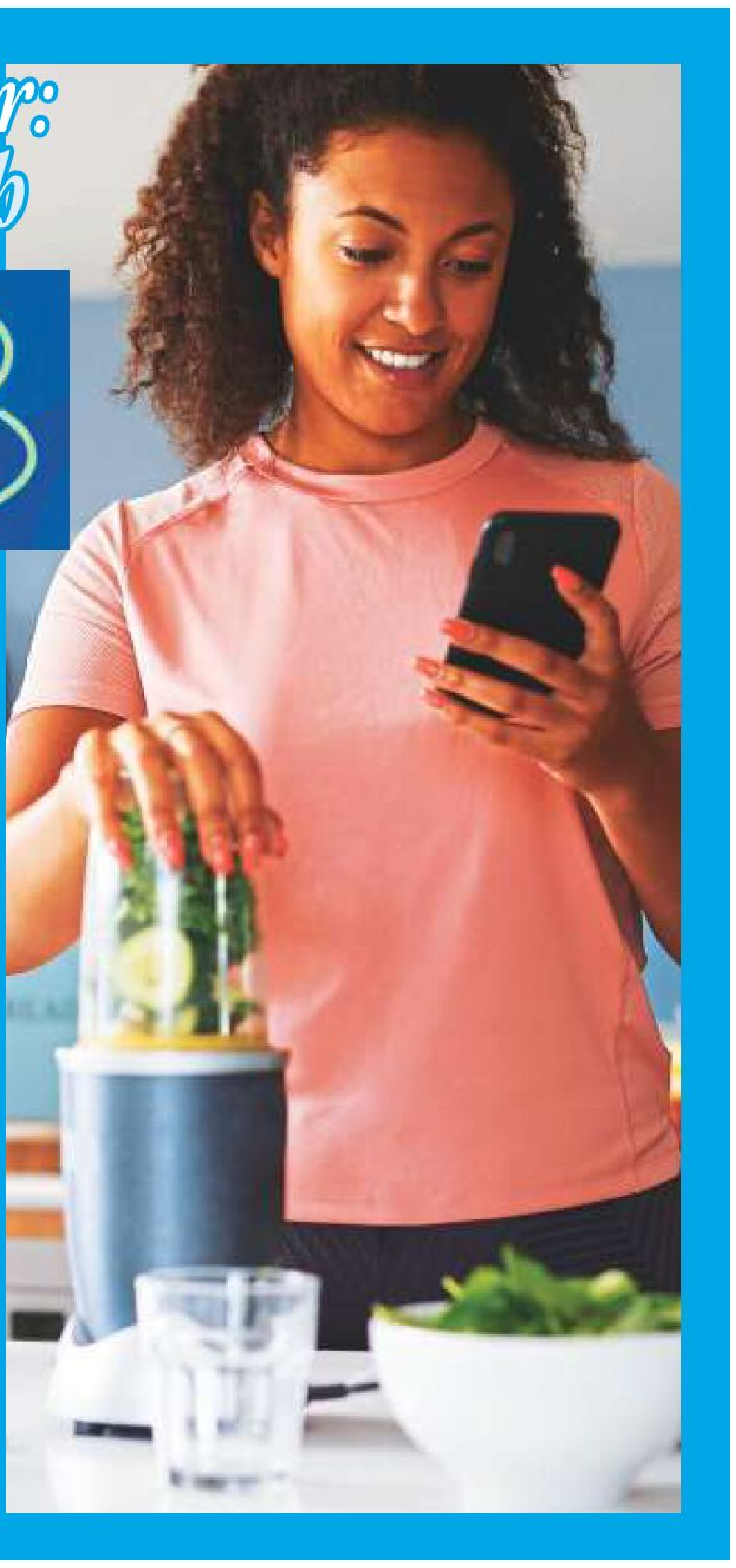


Best value: FiiT

Head of Content Louise says, 'I signed up to FiiT during lockdown and I've been using it consistently ever since. They have great trainers on the app who will talk you through the technical reasons behind each workout. You can choose your training based on type (there is everything from cardio and weights to mobility and yoga), equipment (they have classes for dumbbells, kettlebells, spin bikes, rowers or bodyweight) and based on your favourite trainer. If I'm short on time, I'll do a 'Ten Minute Mover' class, but I've loved doing some of the challenges too, where the FiiT team create a whole programme of workouts to help you hit your goal. They made me noticeably fitter and stronger, plus you can now pause them, too, if life gets in the way. There's an option to wear a FiiT device to track your movement, so you can compete with other users, and you can sign up to live classes or just choose a class when you can and even stream it on your TV.'

● *You can get limited access for free at fiit.tv or sign up for £6.99 a month*

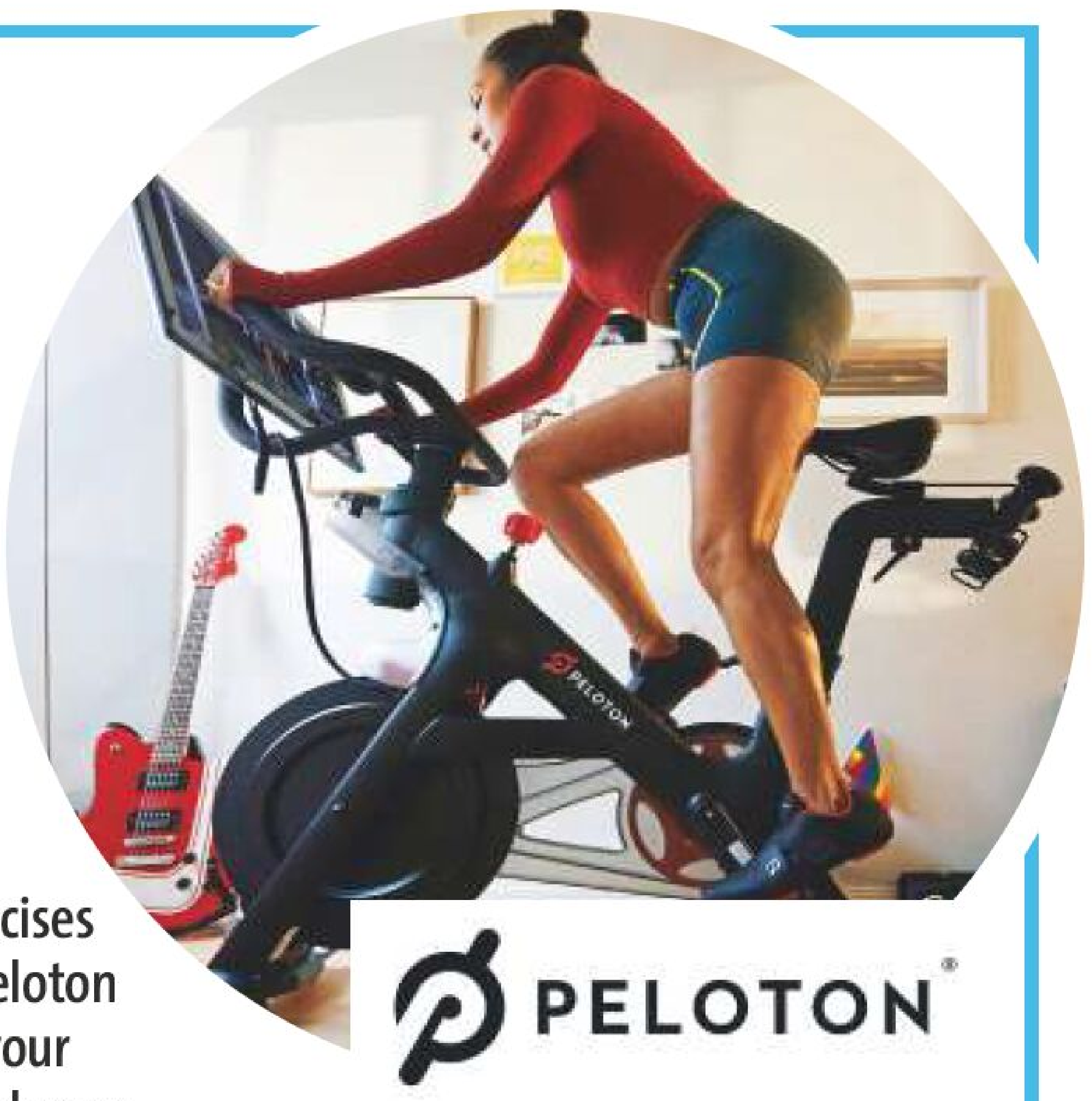
Best allrounder: The Body Coach



Lifestyle writer Helena says, 'After the runaway success of PE With Joe, this app takes things to the next level with structured workout plans which are tailored to your needs. And another huge selling point is that you'll get access to plenty of Joe Wicks' signature recipes, which are really tasty, simple to make and will hit your healthy goals. New content is added regularly to both the workout and recipe libraries and, alongside Joe (whose enthusiasm is enough to keep any couch potato going), there is a team of trainers who are all experts in their field.

● *Sign up for £14.99 a month or pay the annual subscription of £89.99*

Best for motivation: Peloton



Senior style writer Scott says, 'I've been using the Peloton app for two years now and it's just like having a personal trainer at the touch of a button. Not only can you use the equipment to do exercises from cycling to rowing, but Peloton also provides options to use your own. There's a wide range of classes available: walking, yoga, barré, strength, core, meditation, bootcamps and outdoor runs – but one of my favourite features is that you can choose your favourite type of music to motivate you, whether that's pop, reggae, heavy metal or even Broadway songs. As well as classes on demand, there's a live timetable where you can book yourself into a class, but if that feels a bit too intense, you can schedule sessions to fit around your lifestyle. There's a great social aspect to the app, as you can high-five other users while in the class, connect with users from all over the world and build yourself a strong community to go along with your journey.'

● *Peloton Bike+ (includes Peloton rental, plus All-Access Membership and a free pair of Peloton Bike Shoes to keep) costs £125 per month, plus a £200 one-time joining fee*

By Louise Bennett. **Pictures:** Shutterstock

HITS RADIO
WITH FLEUR EAST
TURN IT UP
ACROSS THE UK
THE BIGGEST HITS
THE BIGGEST THROWBACKS
listen on the rayo app

Katie Piper: 'I'd rather exercise in the cold!'

The author and TV star shares her secrets to learning to love winter workouts

It's the time of year when peeling yourself out of a warm snuggly duvet to do a workout is almost impossible, but *Loose Women* star Katie Piper, 41, admits that she thrives in the wintertime, and tells us her daily workouts start as early as 5.30am! And as *Bella* catches up with the star, who is mum to Belle, 10, and Penelope, six, with husband Richard Sutton, she tells us, 'There's something powerful about getting it done while the world is asleep. I go for a run most mornings at 5.30am with two friends who live on my road and we just chat all the way. I never wake up saying, "Yay, 5am", but you get past that dread and at the end there's a nice smug feeling. I get home, chuck my clothes in the wash, wake the kids up, and I haven't eaten into my routine. Before you know it, it becomes a habit!'

Katie isn't fazed by the freezing weather or the dark mornings. She adds, 'I'd rather exercise in the cold than in a heatwave as it makes you run faster. We always wear headlights, which make us

Katie says planning keeps her on track

look sexy, and I run in a group for safety – never on my own. I know weight loss and burning calories are important, but for me those runs are social and fun and that's what working out should be!'

Apart from running, how else do you stay fit?

I got into weightlifting seven years ago and it's such a good expression of female empowerment. Now you see women with muscles being celebrated, whereas I grew up in the '90s where women weren't supposed to be strong! The other day my youngest got tired and I had to carry her scooter, her school bags and she wanted me to pick her up too. I thought *actually, no problem*, because this isn't any more than I deadlift in the gym! I can squat over my body weight, around 60kg, and I do a weight session once a week with my personal trainer, Tanya. If I'm on *Loose Women*, I'll use the gym near there, and I walk 10k-15k steps a day.

Exercising in the winter can be grim. How do you gear yourself up?

It's definitely harder! I treat myself by going online to buy cute running gear, head bands and thermal gloves. Even though it's pitch black so nobody gets to see my nice outfits, it still makes me feel good! During lockdown, I bought weights from Amazon and set up a home gym in the garage. I use a Glade plug-in so it smells nice. Yes, it's going to be cold, but I'll switch on my heater, take down my portable Sonos speaker, and make my environment more welcoming. I lay my kit out the night before, right down to the

socks, trainers, sports bra and even my banana! It means I have one less decision and one less excuse in the morning.

What motivates you?

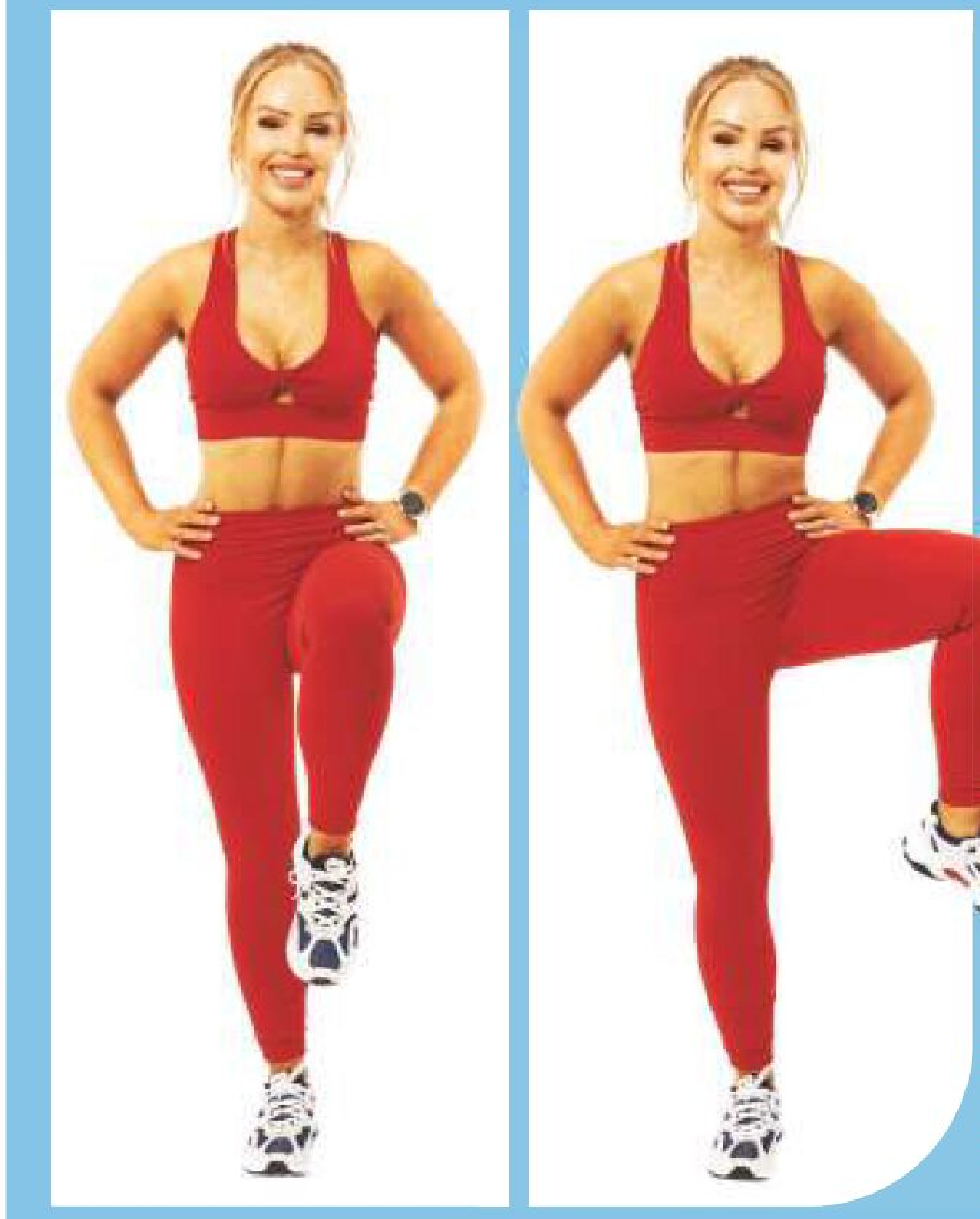
I gain confidence in seeing progress and breaking through barriers. If one day I'm lifting heavier or getting a better form, I feel really confident because progress is very attractive to me. I want to be in the driving seat when it comes to my health. My kids are young, and I don't want to be tired at the weekends, I want to be able to work and be a mum who chases them around.

What about nutrition?

I've ditched my regular porridge and switched to eggs instead. I do a fasting window where I'll have mint tea, water and coffee in the morning, by midday I'll have eggs, avocado and toast, then in the evenings, I'll rotate salmon or chicken. I'm not scared of carbs, and I'll have comfort foods like pasta and shepherd's pie. I still love my chocolate, and I've definitely got a sweet tooth. You have to allow yourself a glass of wine and a packet of crisps, it makes exercising worth it.

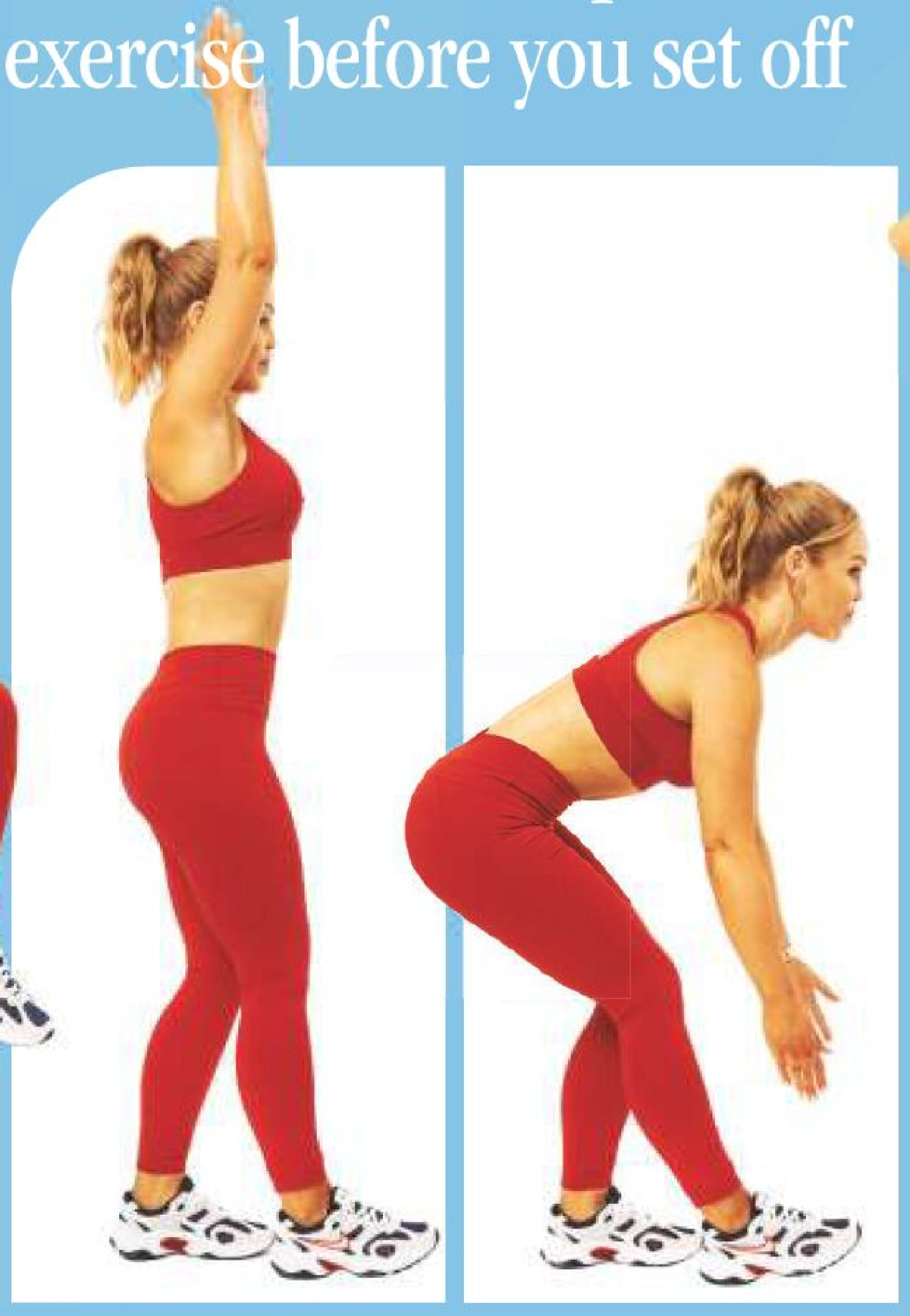
Katie's running warm-up

Get your body prepped for the cold with these pre-run moves. Spend around 45 seconds on each exercise before you set off



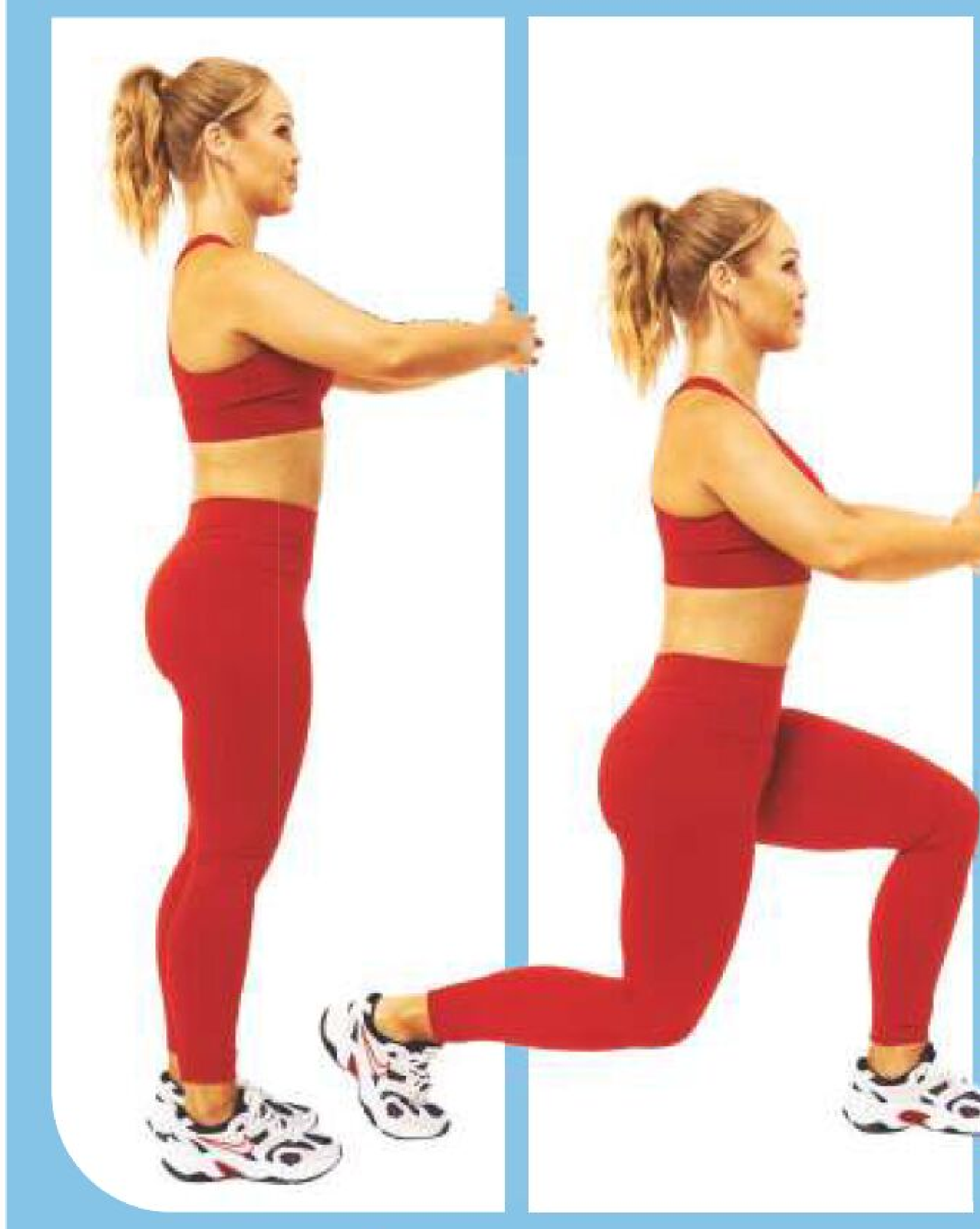
Hip openers

Great for warming up your hip flexors. Stand on one leg and lift up your other knee as high as you can before swinging it out to the side, keeping the knee lifted. Do a few reps and then reverse, so that you start by bringing your knee out to the side and then swing it forwards. Repeat on the other leg.



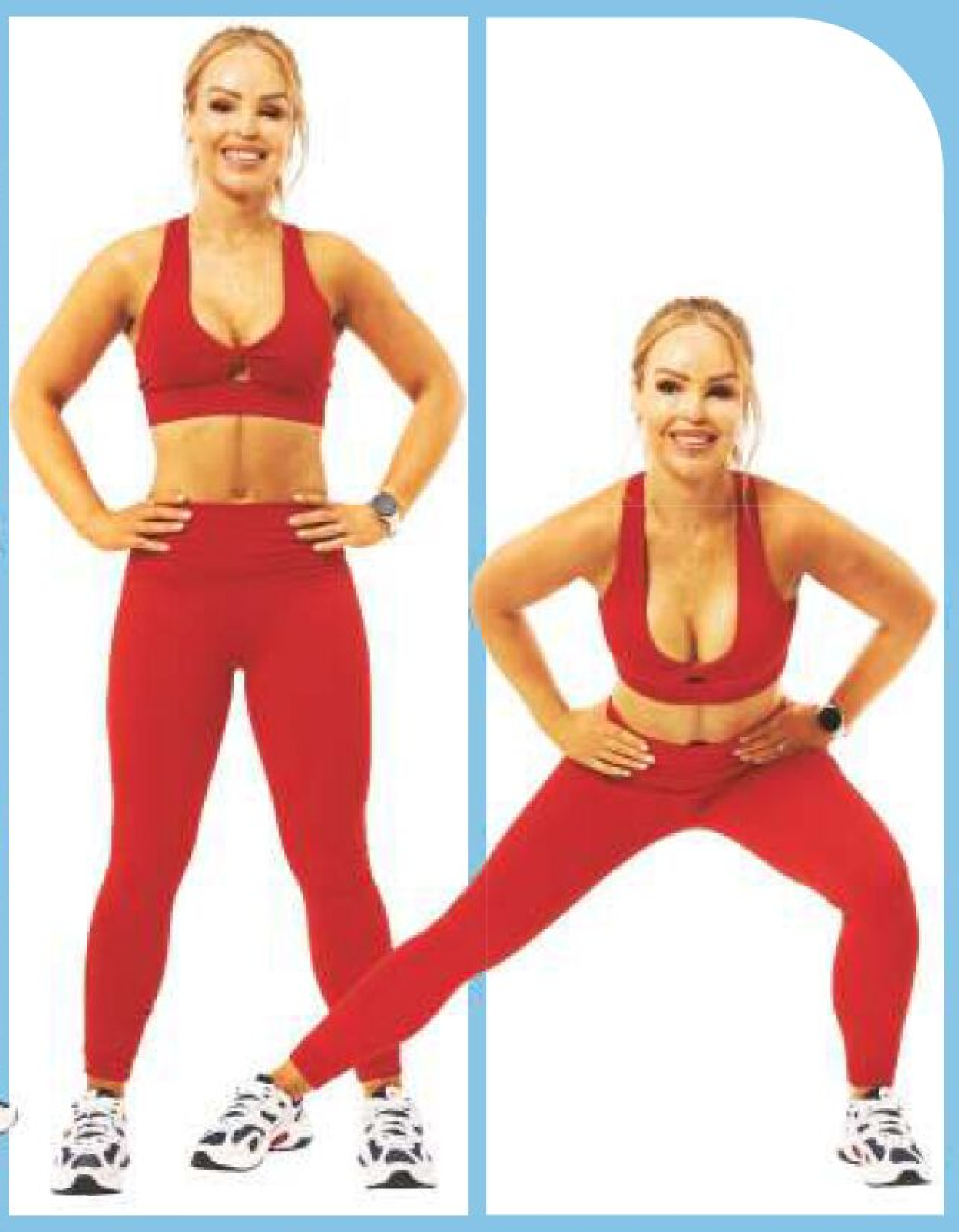
Hamstring stretch

Mobilise your hamstrings by standing up straight and extending one leg. Sweep your hands, at shoulder-width apart, down your outstretched leg and then bring them up above your head. Repeat with the other leg stretched out.



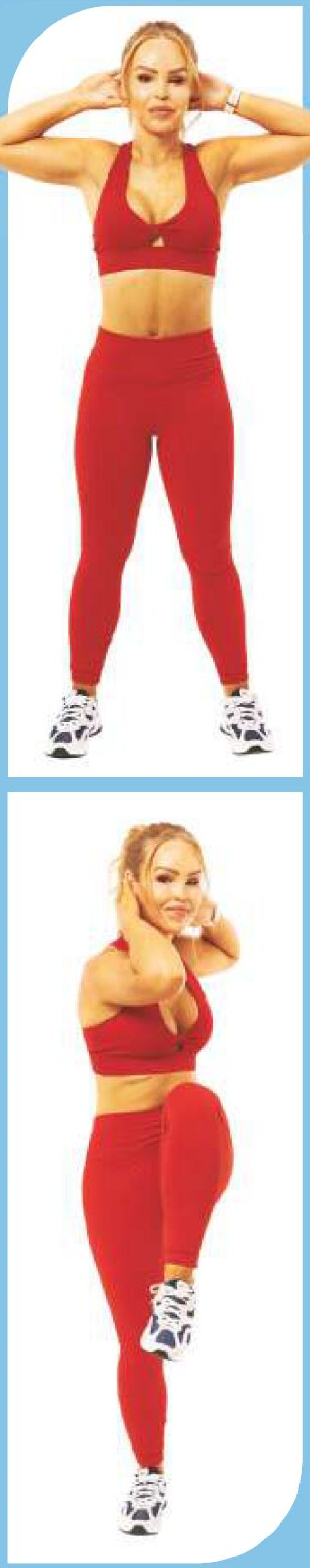
Reverse lunge

Get your glutes and quads ready by taking a large step backwards into a reverse lunge. Ensure that your back knee is at a right angle and almost kissing the floor behind you. Repeat on alternate legs.



Lateral lunge

Your adductors and abductors move your legs away from, and back to, your body's midline, so are essential for running. Prep them by taking a big lunge to the side, slightly tilting your body forwards from your hips. Repeat on each side.



Standing abdominal crunch

Your core will help you stay stable while you're running. Stand with your hands behind your head, keeping your elbows wide, so you're stretching into your chest. Lift one knee as you crunch your opposite elbow towards it, squeezing your abs. Repeat on both sides.

By Neeru Sharma. **Pictures:** Marco Vittur. **Styling:** Ella Shire Sports Bra, PrettyLittleThing, £15, Shorts, PrettyLittleThing, £15, Trainers, New Balance at Schuh, £100

GHR
GREATEST
HITS
RADIO
FM & DIGITAL
ACROSS THE UK
HOUSE OF GREATEST HITS
KEN BRUCE
IS IN THE HOUSE
Weekdays 10am–1pm
PLAYING THE BIGGEST SONGS
OF THE 70s 80s & 90s
WITH SIMON MAYO, JACKIE BRAMBLES
MARTIN KEMP, JENNY POWELL & KATE THORNTON

Feeling Zen

Leggings, XXS-XXL, Primark, £13

Top, XXS-XXL, Uniqlo, £19.90

These super-soft leggings are perfect for low-impact sports like yoga

Yoga mat, Sweaty Betty, £45

Jumper, XS-XL, Puma, £60

Trainers, Adidas, £65

READY, SET, GO

Work out in style with these exercise-friendly outfits

Top, £22; **Leggings**, £24; both XS-XXL, **Trainers**, £110, all Next

Continued over the page...

Cardio-friendly

Hairbands, Accessorize, **£12**

Top, XS-XXL, Next, **£20**

A moisture-wicking top is a must-have for those sweaty sessions

Bag, Nike, **£39.99**

Trainers, Skechers, **£65**

Shorts, 4-24, lululemon, **£48**

Top and Shorts, both XS-XXL, both **£12** each; **Trainers**, **£37.99**; **Socks**, **£8.99**, for pack of three, all H&M

Born To Run

Cap, Gymshark, **£22**

Leggings, 8-28, Matalan, **£16**

Vest, 4-28, Mountain Warehouse, **£22.99**

Jacket, 6-24, Marks & Spencer, **£49.50**

This running jacket will keep you protected from the elements

Trainers, Nike at Schuh, **£80**

Jumper, 8-22, **£18**; Top, S-XXL, **£8**; **Leggings**, 8-22, **£16**; **Trainers**, **£17**, all Matalan

Step by step

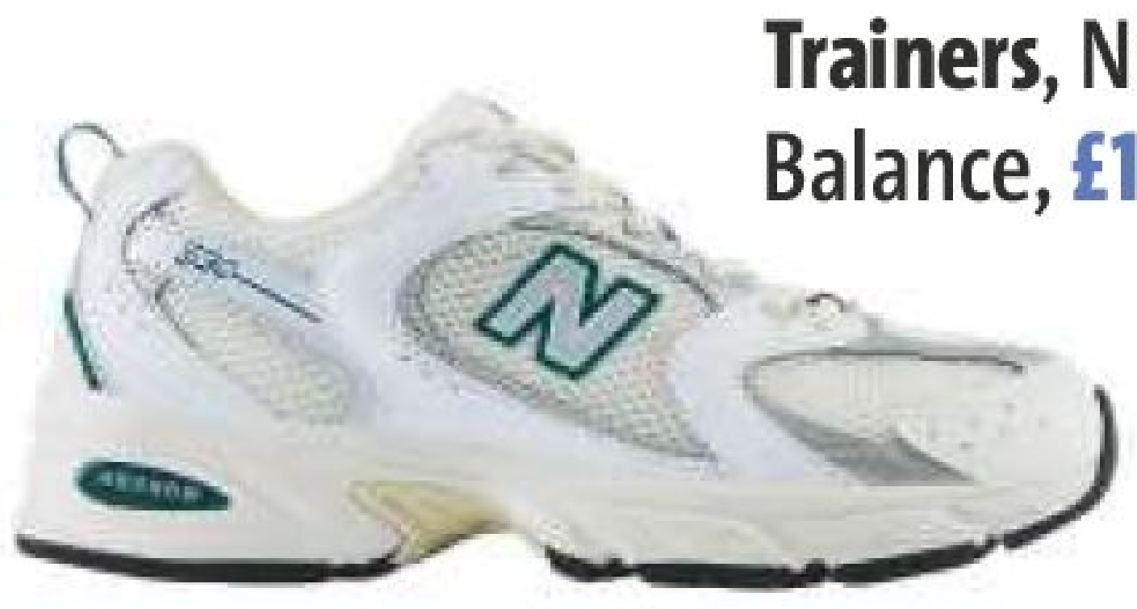
Taking up walking? This cosy and breathable set will keep your temperature regulated come rain or shine

Gloves, Barbour, **£27.95**

Jumper, XS-XL, Oysho, **£39.99**

Trousers, XS-XXL, Oysho, **£49.99**

Gilet, 6-18, New Look, **£52.99**



Trainers, New Balance, **£100**

Jump to it

Stay supported in style with a high-impact sports bra

Socks, Sweaty Betty, **£20** for pack of three

Trainers, Peacocks, **£12**

Sports Bra, XS-XXL, Under Armour, **£32**

Shorts, XS-XXL, Under Armour, **£25**

Jacket, 8-20, Dare 2b, **£60**

Compiled by Scott Wells

More of the songs you love

Magic

Premium

- *Ad-Break Free Radio*
- *Skip Tracks Live**
- *New Exclusive Stations*

FREE 30 DAY TRIAL

magic.co.uk

Terms and conditions apply *Skip up to six tracks per hour

Magic

Magic Breakfast with Ronan & Harriet

Listen Live

Magic Radio
One Love
Bob Marley and The Wailers

Magic Soul
Got To Get You Into My Life
Earth Wind and Fire

Magic Chilled
Too Much
Spice Girls

Mellow Magic
Sailing
Rod Stewart

Magic at the Musicals

Magic Radio
ne Love by Bob Marley and The Wa

Home
Stations
Shows
My List
Settings

Workout Wonders

These sweat-proof beauty buys will keep you looking and feeling fresh

Upgrade your deodorant to a natural, kind-to-skin formula that doesn't use harsh chemicals. We love Megababe's B.O. buster that'll keep you smelling of fresh roses all day, without clogging your pores. It's a gym-bag essential. **Megababe Daily Deodorant Rosy Pits, from £8**

This multi-tasking mist can either be used on bare skin as a primer or after make-up as a setting spray. The ultra-refreshing formula works to eliminate unwanted shine and oil, while keeping your make-up in place. **MAC Prep + Prime Fix+ Mattifying Mist, £29**

Look for a non-comedogenic base that won't clog your pores whilst you exercise. Not only does Laura Mercier's foundation feel weightless on the skin, it also offers 12 hours of waterproof and fadeproof wear. **Laura Mercier Real Flawless Weightless Perfecting Waterproof Foundation, £40**

Tired of greasy limp hair after the gym? Meet the dry shampoo that is activated by sweat. Special technology releases bursts of fragrance, actively absorbing excess oil without drying out your tresses. **Batiste Active 24hr Dry Shampoo, £4.59**

If you prefer to keep your lashes looking flutter-worthy whilst working out, opt for a waterproof formula. Maybelline's mascara lifts each lash from the root for a fanned out effect that doesn't feel heavy. **Maybelline Lash Sensational Sky-High Waterproof Mascara, £12.99**

A setting powder is key for any flawless make-up look, especially one for the gym. Benefit's mattifying powder helps to absorb excess oil and minimise unwanted shine. It's also super-lightweight and breathable. **Benefit The POREfessional Power Matte 'n Blur Loose Setting Powder, from £19.50**

The secret to long-lasting make-up, even during high-intensity exercise, is applying a primer beforehand. e.l.f.'s gel-based primer grips your look in place, as well as plumping your skin with hydrating hyaluronic acid. **e.l.f. Power Grip Primer, £10**

Get budge-proof brows with a water-resistant and flake-free sculpter. Refy's wax and gel hybrid allows you to set your eyebrow hairs firmly into place. The double-ended brush also features a comb for easy shaping. **Refy Brow Sculpt, £18**

Compiled by Emma White

Mood-B
Must-

Beat the blues with these d

No Worries

This fragrant bath soak is formulated to de-stress your body and mind. If you've got a big week ahead, this silky-smooth treat will set you on the right path to true relaxation. **Radox Feel Pampered Bath Soak,** £1.50

Cool Colour

Add a bright tint to your cheeks and lips with this fun, long-lasting stain. Each swipe delivers a refreshing burst of coolness, thanks to aloe and seawater in its formula. **Milk Makeup Cooling Water Jelly Tint in Chill,** £22

Just Peachy

This natural-looking fake tan has a peachy scent that's enough to instil joy in anyone, and the whipped formula makes application less of a chore. **Skinny Tan Peach Whipped Self Tanner,** £19.99

Perk Up Peepers

Packed full of vitamin C and ginseng, these revitalising patches leave your under-eyes looking perky. Pop them in the fridge first for a satisfying cooling effect. **Pixi BeautifEYE Eye Patches Serum,** £22 **for 30 pairs**

And Breathe…

Lift your mood with this happiness-inducing essential oil. Featuring a blend of neroli blossom, mimosa and lemon, the warm, zesty scent is utterly delicious. **Neom Wellbeing Scent to Make You Happy Essential Oil,** £22

UISE
Sleep
ME...
EPING MASK

Cocktail Party

Using soothing and softening properties, this wonderful mask leaves lips instantly plumper upon application and smells just like a mojito. **P.Louise Lip Sleeping Mask in Mojito Moments, £13**

BEAUTY PIE
SOUL PROVIDERS
RE-ENERGIZING DRY OIL SUGAR SCRUB
WITH GRAPEFRUIT & BLACK PEPPER ESSENTIAL OILS, LEMON PEEL, SEA SALT & EVENING PRIMROSE OIL

Scrub Up Nice

With uplifting grapefruit oils that smell divine, and a host of ingredients to give your skin the softness it deserves, this makes your weekly exfoliation session a real delight. **Beauty Pie Soul Providers Re-Energizing Dry Oil Sugar Body Scrub, £27 (member price, £16)**

Boosting Haves

opamine-inducing treats

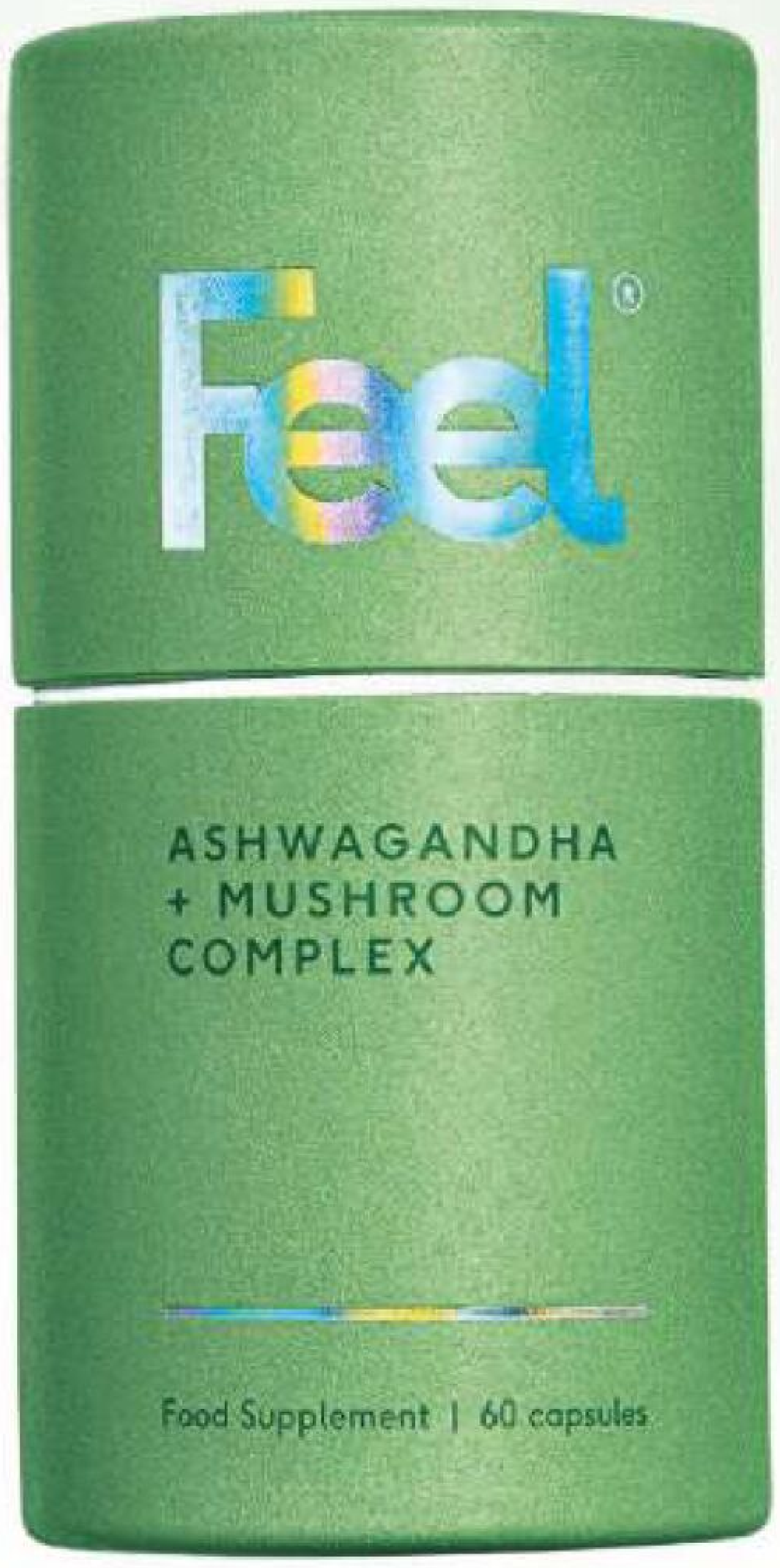
Bright Eyes

This clever formula shifts colours in the light for a multi-dimensional look. Apply to eyelids using the applicator and blend out with a brush or your fingertips. **e.l.f. Duochrome Liquid Eyeshadow in Venus Envy, £8**

MAGNITONE
LONDON
GET LIT
Tri Colour LED Face Mask
LET THERE BE LIGHT!
3 Light Therapy Treatments
15 minutes a day

Light Work

Did you know that LED masks can boost serotonin production? This option is so much cheaper than other devices on the market and works to promote radiance and firmness. **Magnitone GetLit Tri Colour Face Mask, £75**



Feel
ASHWAGANDHA + MUSHROOM COMPLEX
Food Supplement | 60 capsules

Chill Pill

We love these calming supplements for their mix of ashwagandha and mushroom – to help ease everyday stress and take the edge off. **Feel Ashwagandha + Mushroom Complex, £35.95**

Words: Phoebe Denman

One pot WONDERS

Enjoy our warming and healthy recipes from Slimming World

Quorn paella

Serves 4 *Ready in* 50 minutes, plus standing

- A large pinch of saffron or 1tsp turmeric
- 750ml boiling vegetable stock
- Low-calorie cooking spray
- 350g Quorn Chicken-style Pieces
- 1tbsp fresh thyme leaves
- Grated zest of ½ small unwaxed lemon
- 1 large onion, chopped
- 3 garlic cloves, crushed
- 1 large red pepper, deseeded and thickly sliced
- 1 large yellow pepper, deseeded and thickly sliced
- 200g green beans, trimmed and cut into short pieces
- 2tsp smoked paprika
- 227g can chopped tomatoes
- 350g dried paella rice
- 400g can artichoke hearts in water, drained and quartered

1 *Preheat your oven to 180°C/fan 160°C/gas 4. Put the saffron or turmeric and stock in a heatproof jug, stir and set aside. Spray a non-stick paella pan or casserole pan with low-calorie cooking spray and place over a medium heat. Add the Quorn and fry gently until golden brown all over.*

2 *Transfer to a bowl and add 1tsp thyme leaves, the lemon zest and some seasoning. Mix well. Add the onion, garlic, peppers, remaining thyme, 3tbsp water and some seasoning to the pan. Cover, reduce the heat to low and cook for 10 minutes or until soft. Add the green beans, cover again and cook for 5 minutes.*

3 *Uncover the pan, stir in the smoked paprika, tomatoes, rice, stock and ½tsp salt and bring to a simmer, giving it a good stir. Scatter the Quorn and artichokes on top and shake the pan gently so that they sink down into the mixture a little. Cover the pan again and cook in the oven for 20 minutes, by which time all the liquid should have been absorbed and the rice should be tender.*

4 *Remove from the oven and leave to stand, still covered, for a further 5 minutes. Serve hot.*

Slimming® World

Swedish pork meatballs

Serves *4* *Ready in* *35 minutes*

- 750g lean pork mince (5% fat or less)
- 1 small onion, finely chopped
- 1 large garlic clove, crushed
- ¼tsp freshly grated nutmeg
- ½ small pack fresh dill, chopped
- 1 medium egg, beaten
- Low-calorie cooking spray
- 300ml boiling chicken stock
- 1tsp chopped fresh rosemary
- 1tsp tomato purée
- 2tsp Worcestershire sauce
- 1tsp dark soy sauce
- 1 level tsp cornflour
- 150g plain quark
- 2tbsp fat-free natural Greek yogurt
- ½tsp paprika

1 *Put the pork, onion, garlic, nutmeg, 2tbsp dill, egg, ¾tsp salt and ½tsp black pepper in a mixing bowl and mix well. Shape the mixture into 28 meatballs, each about the size of a golf ball. Spray a large non-stick frying pan with low-calorie cooking spray and place over a medium-high heat.*

2 *Add the meatballs and fry for 8 minutes or until well browned all over and cooked through (you might need to do this in batches). Lift the meatballs on to a plate, cover with foil and keep warm. Add the stock, rosemary and tomato purée to the pan and bring to a simmer. Add the Worcestershire sauce, soy sauce and some seasoning to taste, then return the meatballs to the pan.*

3 *Reduce the heat to low and simmer gently until they have heated through. Mix the cornflour with 6 tbsp quark and add to the pan, swirling it until the sauce is gently simmering and has slightly thickened. To make some quark 'soured cream', mix the remaining quark with the yogurt, paprika, 1tbsp dill and some seasoning to taste.*

4 *Scatter the remaining dill over the meatballs and serve with the quark 'soured cream'.*

Continued over the page...

Bread and 'butty' breakfast pudding

Serves 4 *Ready in* 50 minutes, plus standing

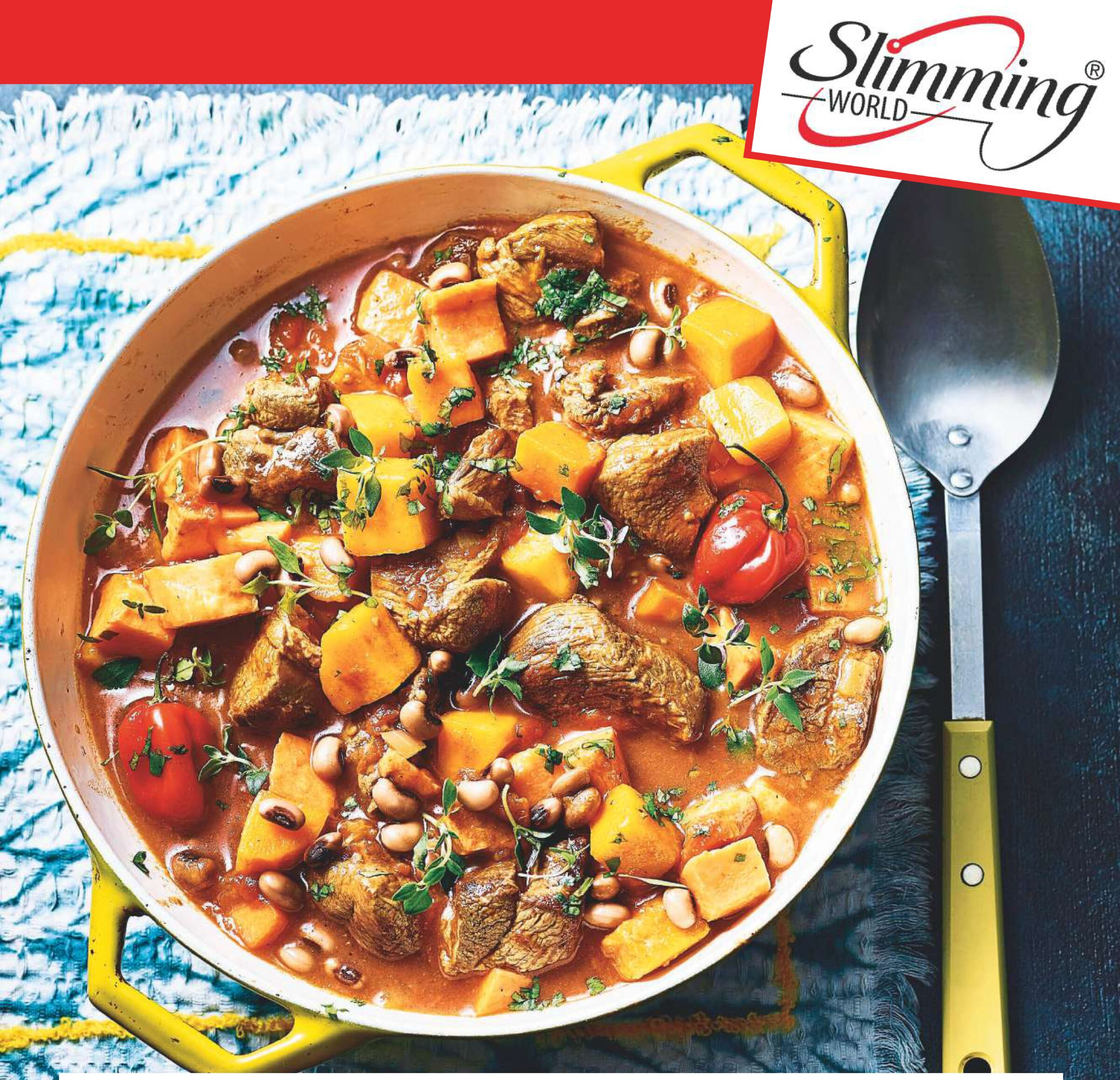
- Low-calorie cooking spray
- 8 small slices of bread (from a 400g wholemeal loaf)
- 2tbsp tomato purée
- 8 back bacon rashers (alll visible fat removed), roughly chopped
- 5 large eggs, beaten
- 400g can baked beans
- 300g small chestnut mushrooms
- 6 cherry tomatoes, halved
- 4 Slimming World Pork Sausages, thawed and cut into chunks (from Iceland, The Food Warehouse or Dunnes stores)
- Fresh parsley leaves and sprigs, to serve

1 *Get your oven warmed up to 180°C/fan 160°C/gas 4 and spray a large non-stick roasting tin or baking tray with low-calorie cooking spray. Spread 4 slices of bread with the tomato purée, then divide the bacon between them. Top with the rest of the bread to make 4 bacon 'sandwiches'*

2 *Cut each sandwich into 4 triangles and arrange in the tin in 2 long overlapping rows of 8, leaving a decent gap between the 2 rows. In a jug, mix the eggs and baked beans plus the bean juice. Season lightly, then pour into the roasting tin around the sandwiches.*

3 *Spoon a little of the egg mixture (but not the beans) over the bacon sandwiches to moisten the bread. Leave to stand for 5 minutes, so the bread can soak up more of the egg. Scatter the mushrooms, tomatoes and sausage chunks around the bacon sandwiches.*

4 *Spray everything with low-calorie cooking spray and bake for 30 minutes or until golden and cooked through. Scatter over the parsley to serve.*



Caribbean curried goat

Serves 4 *Ready in* 3 hours 15 minutes

- 1 large onion, roughly chopped
- 6 garlic cloves, peeled
- 6cm piece fresh root ginger, peeled and grated
- Low-calorie cooking spray
- 2 Scotch bonnet chillies (or other hot chillies)
- A small handful of dried or fresh curry leaves (optional)
- 3 fresh thyme sprigs, plus extra to serve
- 4tbsp mild curry powder
- 700g lean goat shoulder, visible fat removed, cut into bite-size chunks
- 400g can chopped tomatoes
- 300ml boiling lamb or beef stock
- ½ large butternut squash, peeled, deseeded and cut into bite-size chunks
- 400g can pinto, kidney or black-eyed beans, drained and rinsed
- The juice of ½ lemon chopped
- Fresh coriander, to serve

1 *Put the onion, garlic and ginger in your food processor and blitz to a purée. Spray a large non-stick casserole pan with low-calorie cooking spray and place over a medium heat. Scrape the onion mixture into the pan and cook for 5 minutes or until softened. Add the whole chillies, curry leaves (if using), thyme and curry powder and season with salt. Cook for 2-3 minutes.*

2 *Tip the goat into the pan and cook for 5 minutes or until browned, then pour in the chopped tomatoes and stock. Increase the heat to high, bring to the boil and cook for 10 minutes. Reduce the heat to low, cover and simmer gently for 2 hours. Uncover, add the squash and cook for a further 30 minutes. Add the beans and heat through for 5 minutes, then add the lemon juice, scatter over the coriander and extra thyme and season to taste. Remove the chillies and serve with vegetables.*

Continued over the page...

Simple carbonara bake

Serves 4 *Ready in* 45 minutes

- **250g smoked back bacon rashers (all visible fat removed), roughly chopped**
- **1 large red onion, thinly sliced**
- **2 large carrots, thinly sliced diagonally**
- **250g dried fusilli or other pasta shapes**
- **500g plain quark**
- **1 level tbsp Dijon mustard**
- **900ml chicken stock (warm but not boiling)**
- **1 level tbsp cornflour**
- **200g baby spinach**
- **60g Parmesan cheese, grated**

1 *First up, warm your oven to 200°C/fan 180°C/gas 6. Put the bacon, onion, carrots and pasta in a large non-stick roasting tin or baking tray and toss it all together. Stir the quark and mustard into the stock, then mix 2 tbsp of this liquid with the cornflour in a small bowl and stir it back into the stock.*

2 *Pour the stock over the pasta mixture to coat well, then cover the tin with foil and bake for 20 minutes. Take the tin out of the oven and stir through the spinach so that it can wilt a little.*

3 *Scatter over the cheese and bake, uncovered, for 10 minutes or until golden. Serve hot.*

Spanish-style fish stew

Serves 4 *Ready in* 50 minutes

- **2 medium onions, halved and sliced**
- **2 red peppers, deseeded and roughly chopped**
- **2 carrots, peeled and roughly chopped**
- **1 fennel bulb, sliced**
- **1tsp dried chilli flakes**
- **2 garlic cloves, crushed**
- **1tsp fennel seeds, lightly crushed**
- **500ml boiling fish or vegetable stock**
- **A pinch of saffron or ½tsp turmeric**
- **2tsp smoked paprika**
- **2 x 400g cans chopped tomatoes**
- **2 large potatoes, peeled and cut into small chunks**
- **2 celery sticks, sliced**
- **1tbsp lemon juice**
- **400g skinless and boneless white fish fillets, cut into bite-size chunks**
- **200g raw peeled king or tiger prawns, with or without tails**
- **Chopped fresh parsley, to serve**

1 Place a large non-stick casserole pan over a medium-low heat. Add the onions, red peppers, carrots, fennel, chilli flakes, garlic, fennel seeds, 4tbsp stock, ½tsp salt and some black pepper. Cover and cook for 5 minutes or until beginning to soften.
2 Add the saffron or turmeric, paprika, tomatoes, potatoes and remaining stock. Bring to a gentle simmer and cook uncovered for 20 minutes or until the potatoes are tender. Add the celery and simmer for 2 minutes, then stir in the lemon juice, scatter the fish and prawns on top and season lightly.
3 Cover the pan and simmer gently for 5 minutes or until the fish and prawns are just cooked through. Scatter over the parsley to serve.

By Carly Honeyfield. **Pictures:** Slimming World/Toby Scott, Gareth Morgans, Maja Smend

All recipes are taken from Slimming World's collection. Recipes are based on Slimming World's Food Optimising plan and the liberating concept of Free Food – food that is naturally lower in energy density (calories per gram) and most satiating, so you stay fuller for longer. To find out more about Slimming World and how to join, visit slimmingworld.co.uk or slimmingworld.ie, or call 0344 897 8000 or 01 656 9696. 'Slimming World' is a trademark of Miles-Bramwell Executive Services operating as Slimming World.

**Pregnant women, the elderly, babies and toddlers and the already unwell are advised not to eat raw or partially cooked eggs.*

TINY TONICS

We test which wellness shots are worth adding to your morning routine…

M&S Hot Shot

With a potent mix of cayenne, turmeric and ginger, this hot shot delivers instant heat. The initial spice might make you wince, but it settles quickly into a warm afterglow that's invigorating. A fiery option for those who love a strong kick.

● *(Multipack of 3), Ocado*

M&S
HOT SHOT
eat well
KEEP REFRIGERATED 0°C to +5°C
COLD PRESSED SHOT
ORANGE, LEMON, GINGER, TURMERIC & CAYENNE
HOT SHOT

★★★★★

£3.75

Mockingbird Raw Gut Shots

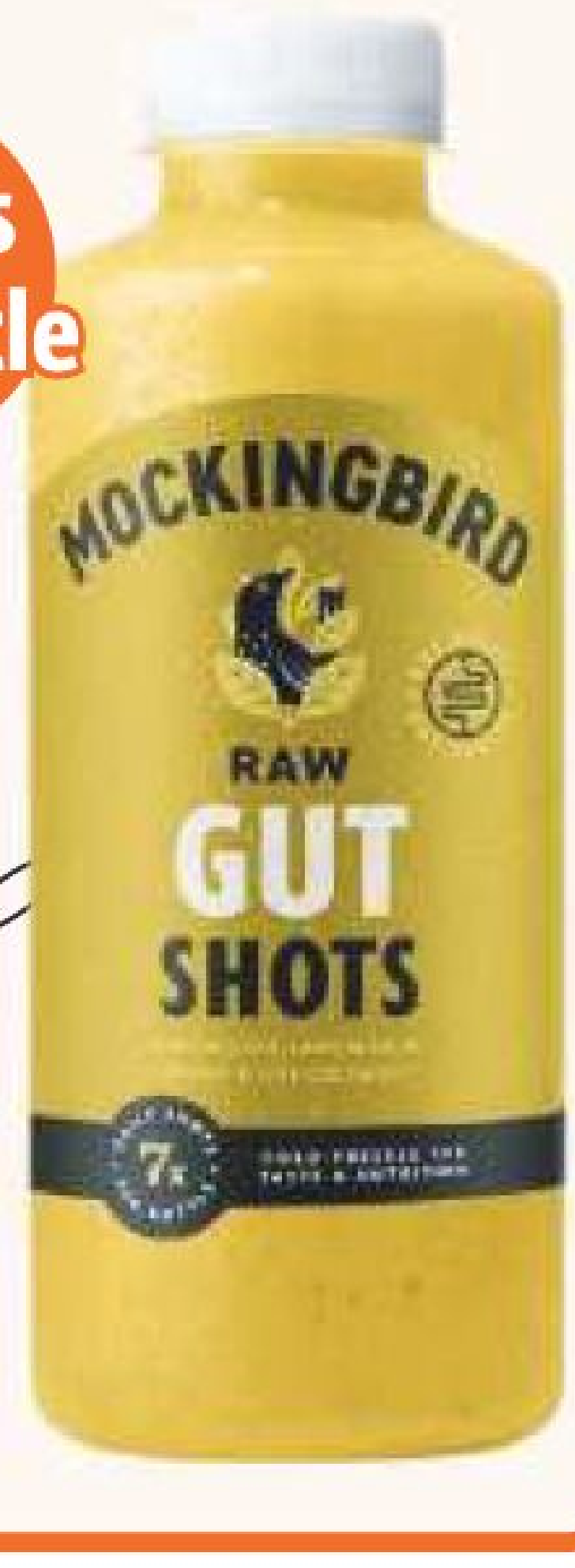
More mellow than other shots on the market, the tartness of the lemon gives you an immediate, refreshing kick, while the honey adds a pleasant sweetness that smooths it all out. Enriched with chicory root fibre and live cultures, sipping this is a flavourful way to support digestion.

● *Waitrose*

★★★★☆

£3.12

7 shots per bottle


MOCKINGBIRD
RAW
GUT
SHOTS

James White Beet It Beetroot Stamina Shot

This beetroot shot is undeniably packed with nutrients, but its earthy flavour can be quite intense. While one shot a day is said to help lower blood pressure and calm palpitations, the almost soil-like taste might not be for everyone. If you're not a fan of earthy notes, this one could be a challenge to down.

£1.99

● *Holland & Barrett*

★★★☆☆

Plenish Ginger Immunity Shot

With the sharp heat of ginger leading the charge, the lemon brings a reviving tang, while the apple cider vinegar adds a punch of boldness that make your tastebuds tingle. Packed with 100% of your daily vitamin C, it's a quick jolt of immunity support in just one gulp.

£2

● *Tesco*

★★★★☆

Xite Focus (Lion's Mane, Orange & Ginger) Shot

While fiery at first, the orange provides a citrusy sweetness that makes this easy to sip. The added bonus of Lion's Mane mushroom to boost focus and banish morning brain fog was just what we need before tackling our commute.

● *Holland & Barrett*

£2.79

★★★★☆

Good Days – Cool Mint, CBD 20MG and Cucumber Shot

£2.34

A soothing blend for stress relief, this shot is infused with 20 milligrams of CBD to help melt away tension in minutes. The crisp cucumber and cooling mint flavourings perfectly balance out the typically bitter CBD aftertaste, leaving you refreshed and calm. It's the ideal little pick-me-up to keep your worries at bay while tasting like a spa in a bottle.

● *Holland & Barrett*

★★★★☆

No.1 Living Gut & Brain Kombucha Shot

Founded by rugby legend Jonny Wilkinson, this brand brings a powerful blend designed to improve both gut and brain health. Packed with two billion probiotic bacteria, as well as iodine and essential vitamins B3, B6, B7 and B12, it's a solid choice for wellness. However, the taste profile might be a bit too sweet for some, with the blueberry, elderberry, and acai flavours dominating each sip.

● *Holland & Barrett*

£2.49

★★★☆☆

The Turmeric Co. Raw Turmeric & Ginger Self Shot

Golden and earthy, this shot has a robust turmeric flavour with a gentle heat from the ginger. It's mildly bitter but has a sleek, almost creamy texture that makes it easy to drink. However, we'd love a bit more of a fiery finish to really amp up the heat.

● *Sainsbury's*

£5.95

★★★★☆

James White Ginger Zinger Shot

This ginger shot feels like it's missing the mark. The flavour is a bit too subtle, with the heat barely registering, leaving you craving more of that signature zing. It feels more like a watered-down version of the real thing.

● *(Pack of 15), Amazon*

£16.99

★★☆☆☆

MOJU Ginger Extra Strength Dosing Bottle Shots (WINNER)

7 shots per bottle

Moju lives up to its 'extra strength' promise, with a powerful blast of ginger that hits hard! The taste is raw, fresh, and unapologetically intense. Not for the faint hearted, it's a challenge in one tiny bottle, but the warmth that follows is undeniably satisfying and wakes you up fast.

● *Sainsbury's*

£6.95

★★★★★

By Helena Holdsworth. **Pictures:** Marco Vittur

Easy, speedy, healthy!

Low-calorie home-cooked meals made in the air fryer – if you're a newbie or seasoned pro!

Special sausage & butternut squash salad

Serves 4 *Ready in* 45min
Calories per serving 314

- **500g butternut squash, cut into 1-2cm cubes**
- **Spray oil**
- **Salt and pepper**
- **1tsp garlic granules**
- **1tsp sweet smoked paprika**
- **1tsp dried oregano**
- **8 reduced-fat pork sausages**
- **1tbsp brown sauce**
- **90g bag of baby leaf salad**

FOR THE DRESSING

- **2tbsp balsamic vinegar**
- **2tsp wholegrain mustard**
- **2tsp honey**
- **1tsp olive oil**

1 *Preheat one air fryer drawer to 200°C.*
2 *Place the squash cubes in a large bowl, spray with oil and season with salt and pepper. Toss a few times to make sure they are lightly coated with oil. Place the squash cubes into the air fryer and cook for 25min, tossing every 5min or so to ensure they cook evenly.*
3 *Make the sausage seasoning by mixing the garlic granules, smoked paprika and oregano in a small bowl. Put the sausages on a dinner plate and spread the brown sauce over them, making sure each sausage has a light coating, then sprinkle over the seasoning mix.*
4 *Preheat the second air fryer drawer to 180°C. Place the sausages in this drawer, spray with a little oil and cook for 15min.*
5 *Make the dressing by combining all the ingredients in a small bowl, stirring thoroughly to ensure the honey is fully incorporated. Divide the salad leaves between four bowls.*
6 *Once the squash is cooked (it should be fork-tender – cook it for a little longer if needed), scatter the cubes over the salad leaves. Place two sausages on each plate and drizzle over the dressing.*

Cheesy chorizo orzo

Serves 4 *Ready in* 26min
Calories per serving 497

- **50g chorizo, finely chopped**
- **1 onion, finely chopped**
- **Spray oil**
- **250g cherry tomatoes, halved**
- **3 garlic cloves, crushed**
- **2tsp dried mixed herbs**
- **½tsp coarse sea salt**
- **½tsp cracked black pepper**
- **350g orzo**
- **1ltr hot chicken stock**
- **120g reduced-fat soft cheese**
- **Chopped parsley leaves, to serve**

1 *Remove the crisper plate from one of the air fryer drawers and preheat that drawer to 180°C.*
2 *Put the chorizo and onion into the drawer and spray with some oil. Cook for 8min, stirring every few min. Add the tomatoes, garlic, mixed herbs, salt and pepper and cook for another 8min, stirring halfway through.*
3 *Meanwhile, cook the orzo in the hot stock on the hob following the pack instructions (usually 7-9min – brands can vary). Stir the orzo every now and again as it can stick to the pan. Drain the orzo over a bowl, reserving any liquid.*
4 *Add the soft cheese to the air fryer drawer, then the orzo with a little of its reserved cooking liquid and stir everything together to melt the cheese throughout the pasta. Add more pasta cooking water if needed. Serve in warmed bowls, scattered with parsley.*

Tip

A dual-drawer air fryer is ideal. However, if you have a single-drawer model, most recipes are easy to adapt.

Continued over the page...

Spicy pizza pops

Makes 18 *Ready in* 55min
Calories per pop 58

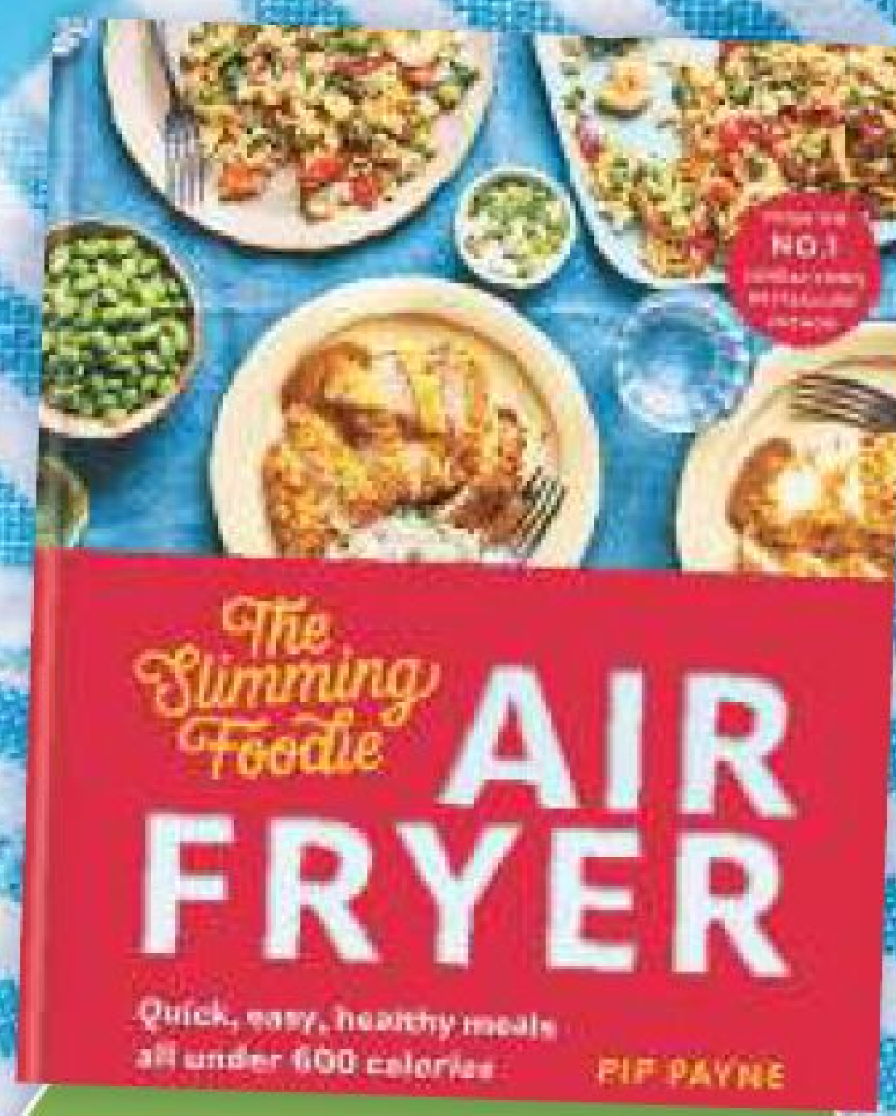
- 100g quinoa (uncooked weight)
- 140g mozzarella, finely chopped
- 30g chorizo, finely chopped
- 30g pickled jalapeños, finely chopped
- Salt and pepper
- 1 egg, lightly beaten
- Spray oil

FOR THE DIPPING SAUCE

- 400g can of good-quality chopped tomatoes (my favourite is Mutti)
- 1tbsp tomato purée
- 1 garlic clove
- 1tsp dried oregano
- 1tsp dried basil
- ½tsp onion granules
- ½tsp coarsely ground salt

1 *Cook the quinoa according to the pack instructions then leave aside to cool slightly while you prepare the rest of the ingredients.*
2 *In a bowl, combine the quinoa (make sure it's fully drained) mozzarella, chorizo, jalapeños and salt and pepper and stir well to combine. Add the egg and mix through.*
3 *Lay out 18 silicone cupcake cases and add about 1tbsp of mixture to each case. Spray the tops with oil.*
4 *Preheat both air fryer drawers to 200°C. Place the cupcake cases in the drawers (you will be able to fit about 8 in each one, so will need to cook these pops in 2 batches), then cook for 15min, until fully cooked through, golden brown, and crisp on top and around the edges – you might need to give them a few more minutes, if necessary.*
5 *Meanwhile, make the sauce. Put all the ingredients into a food processor or blender (or use a stick blender) and blend into a smooth sauce. Serve the pizza pops alongside the sauce in a dipping bowl.*

Edited by: Hayley Merrick. **Recipes:** Pip Payne **Pictures** Chris Terry



These recipes are taken from ***The Slimming Foodie Air Fryer*** **by Pip Payne** (Hamlyn, £20)

Low-cal, quick cooks

Shed those extra pounds while still enjoying the food you love

Breakfast potatoes

Serves 2 Ready in 30min
Calories per serving 375

- 400g golden potatoes, cubed
- Sea salt and pepper
- Low calorie cooking spray
- 2 rashers of smoked bacon, sliced
- 1 small green pepper, diced
- 1 onion, diced
- 1tsp smoked paprika
- 1tsp garlic powder
- 1tsp onion powder
- 2 medium eggs
- 40g reduced fat Cheddar, grated
- 2 spring onions, finely chopped
- A few sprigs of fresh parsley, finely chopped

1 *Boil the potatoes for 15min in a large pan of salted water. Drain and leave to steam dry for 5min.*

2 *Spray a large frying pan with low calorie cooking spray, add the bacon and fry over a medium heat for 5min until cooked on both sides. Remove the bacon from the pan and add the pepper and onion and cook over a medium heat for 3-4min.*

3 *Meanwhile, season the potatoes with the smoked paprika, garlic powder, onion powder, salt and pepper. Once the onion and peppers have started to soften, add the potatoes and fry for 5min.*

4 *Move the potatoes to the sides of the pan to make space for the eggs, then crack both into the centre, topping with the cheese. Leave on the heat for the eggs to cook. Top with the cooked bacon, spring onions and parsley.*

Continued over the page...

BBQ beef fajita beef pasta

Serves 2 *Ready in* 25min
Calories per serving 553

- **15g chorizo, diced**
- **1 red onion, diced**
- **1tsp garlic purée**
- **200g lean beef mince**
- **1 red pepper, diced**
- **120g dried linguine**
- **Salt and pepper**
- **35g pkt of barbecue fajita seasoning (I use Old El Paso)**
- **45g barbecue sauce**
- **150g passata**
- **2 cheese singles**
- **100ml skimmed milk**
- **A few sprigs of fresh coriander, chopped**

1 *Heat a large frying pan over a medium heat. Fry the chorizo for 2-3min until golden and releasing its oils, then remove from the pan.*
2 *In the same pan, fry the onion in the garlic purée for a couple of mins. Then add the beef mince, followed by the red pepper.*
3 *Add the pasta to a pan of boiling salted water and cook according to the pack instructions.*
4 *While the pasta is cooking, season the beef well with the fajita seasoning, and season. Add the barbecue sauce and passata and leave the mixture cooking on low.*
5 *Make the cheese sauce using a medium-sized saucepan by melting the cheese singles and milk together. Stir continuously over a medium heat for 4-5min until smooth. Turn up the heat if needed towards the end, to thicken further.*
6 *Drain the pasta and mix with three-quarters of the beef mixture. Serve the remaining beef on top of the pasta and drizzle with the cheese sauce. Lastly, top with the coriander and the cooked chorizo.*

Mini vanilla New York-style cheesecakes

Makes *8* *Ready in* *30min, plus chilling* *Calories* *per serving 97*

- **60g digestive biscuits**
- **15g light butter**
- **200g light soft cheese, at room temperature**
- **115g fat-free thick Greek yogurt, at room temperature**
- **2tsp vanilla extract**
- **25g granulated sweetener**
- **1 medium egg, at room temp**

1 *Preheat the oven to 160°C/140°C fan and line a muffin tin with 8 silicone moulds.*

2 *Place the biscuits into a sandwich bag or something similar and use a rolling pin to crush. Blast the butter in the microwave for 10sec before adding to the biscuits. Mix well. Divide the mixture equally between the moulds and use the back of a teaspoon to press it down.*

3 *In a mixing bowl, combine the soft cheese, yogurt, vanilla extract and sweetener until smooth. Add the egg and stir until just combined. Spoon the mixture into each mould. Once filled, tap the tray to release air bubbles. Bake in the oven for 20min.*

4 *Remove from the oven and leave to cool slightly. Place in the fridge for at least 1hr before devouring. Keep in the fridge for up to 4 days, or freeze for up to 3 months.*

LOW-CAL
KITCHEN
BANGERS

These recipes are taken from ***Low-Cal Kitchen Bangers* by Alexandra Hughes** (Ebury Press, £20)

Edited by: Hayley Merrick. **Recipes:** Alexandra Hughes. **Pictures:** Ellis Parrinder.

'I lost over 6st after STRUGGLING TO GET UP A LADDER!'

When the job she loved became dangerous, Anne Croft, 64, knew she had to make a huge change

Growing up, I was always told to eat everything on my plate by my mum. She'd serve up big portions of roast chicken and pie and mash and I seemed to put on weight all too easily. By the time I left school, aged 16, I wore size 12 jeans.

After school, I trained as a hairdresser, then got married and was thrilled to become a mum to my first son. But pregnancy saw me gaining four stone, and I struggled to lose it all afterwards. It was the same story when I had my daughter and next son, after that. Once I'd given birth, I'd carry on eating for two, with huge portions of roast dinner, pies and takeaways, then I'd snack on chocolate and crisps.

In 2014, I split from my husband and, in 2016, I decided I wanted to do something completely different, so I retrained to be a painter and decorator. I loved the work, especially because I was able to be creative and improve people's homes. Soon after, I started a new relationship too, but when we moved in together my weight quickly soared again. I'd come home to huge bowls of Goulash or a plate piled-high with treacle ribs. We'd follow it with a whole box of chocolates, as well as cheese and biscuits. At the weekend, we could polish off two bottles of wine between us.

By 2022, my weight had ballooned to 13st 8lb and, at 4ft 11, it swamped my frame. I couldn't fit into any of my clothes and had to swap my painting overall from a small to an extra large. But the worst part was getting up the step ladder to paint clients' walls and ceilings. It had become very difficult, if not dangerous – I'd end up seriously out of puff and my thighs were red raw from rubbing together.

She had little energy before

Anne loves her new look

One day, I was getting ready to paint a client's kitchen, when she turned to me... 'Just leave all the pots and pans where they are,' she said. 'I won't be cooking for a while, I'm on the LighterLife diet.' She went on to tell me that she'd lost half a stone in five days and felt amazing. It got me thinking, and, two days later, I went online and signed up too. I was due to go to a wedding in six month's time and wanted to feel confident in a new dress.

Inspired, I ditched my calorific meals and snacks, and swapped them for less fatty alternatives. Instead of toast with jam I'd start my day with porridge and take a LighterLife bar to work for lunch. In the evening, I opted for a LighterLife spaghetti Bolognese or carbonara ready meal, and cut out the sugary treats. Thankfully my body quickly responded and, within a month, I'd shed a stone. By the time the wedding came around, I was down to 10 stone and a size 12. I was delighted and felt so much better, although I knew I had some way to go.

Sadly though, my relationship was beginning to go downhill, and the stress left me struggling to stick to my diet. I just couldn't fight the urge to snack, and soon I was back up to 13 stone. I'd get up in the morning and put on my huge decorating overalls, then come home and change into my

Her confidence is sky high now

AFTER
7st 3lb
Size 6

She had always struggled with her size

BEFORE
13st 8lb
Size 16

pyjamas. It wasn't a glamorous wardrobe, but they were the only things that fit.

By the end of 2022, I hit rock bottom. We went to the Dominican Republic for a two-week holiday and both ended up in hospital with food poisoning. On top of the sickness, it was boiling hot and I felt dreadfully uncomfortable with my legs rubbing together. It was a traumatic few days, and it also led to the end of our relationship. When we returned home, I moved out, and found myself sofa surfing until a council flat came up. It was one of the lowest points in my life and my weight issues just compounded everything.

Unpacking my moving boxes one evening, I came across some LighterLife packs that I hadn't used. It was a lightbulb moment, and I knew that this time I was going to finally get the weight off for good. It felt like the right time to make a fresh start. I re-enrolled with LighterLife again and started my new diet plan, replacing the snacks and takeaways with shakes, soups and one evening meal. I also really benefitted again from the weekly Zoom meetings I had with my wonderful mentor Zoe**,** whose wise words helped me stay on track. 'You can find other comfort without food,' she'd tell me. It was tough at times, but I was determined to continue and each week the pounds fell off.

Eventually, a year later, I got down to 7st 3lb and wore a dress size 6, which is quite healthy for my small frame. I'm glad to say that I can now slip into extra small decorator's overalls and I can also skip up ladders at work! Now, *I'm* the one telling people about my weight-loss journey. I feel this is a new beginning and I never want to go back to the old me again.

DIET BEFORE

BREAKFAST Porridge, toast, butter and jam
LUNCH Cheese sandwich or steak and kidney pie, Victoria sponge
DINNER Roast chicken, Goulash, Chinese or Indian takeaway
SNACKS Cheese and biscuits, chocolate treats

DIET AFTER

BREAKFAST LighterLife porridge with blueberries and banana
LUNCH Salad with a boiled egg
DINNER Chicken or fish with vegetables
SNACKS Fruit, carrot sticks or LighterLife shakes

Exclusive

‘My healthy cheesecake is a CORRIE HIT’

BRITISH STRAWBERRIES
by Sainsbury's
FAGE
Total
0%
GREEK
SEMI SKIMMED
Biotiful gut health
kefir drink
original

Actress and Loose Women panellist, Sue Cleaver, 61, on her eating habits

After finding fame on the cobbles as Eileen Grimshaw, Sue Cleaver has revealed how in recent years she has managed to shed three stone, thanks to simple lifestyle tweaks. Avoiding drastic weight-loss gimmicks such as gummies and fad diets, Sue discovered that giving up alcohol was the key she needed to unlock a healthier way of life. A self-confessed foodie, she let us delve inside her fridge to find out how she follows a balanced and delicious diet.

How much do you spend on your weekly shop?

Around £75, since our son left home our bills have gone down so much. I like a mooch in any store I'm passing, but if I've got time I like to go the butchers.

Describe your daily diet...

If I'm at *Corrie*, my go-to is poached eggs, tomatoes, mushrooms and a slice of bacon. If I'm at home, I'll have sourdough toast with avocado or a poached egg, and if there's nothing in, then it's two Weetabix with kefir and flaxseeds. For lunch, I enjoy making homemade houmous, and have that with carrot sticks, red grapefruit and oatcakes, it's a weird combination! Or tinned sardines with chickpea salad,

Winter stew is a favourite

Sue's given up alcohol

'I just know what works for me'

and I use the oil in the tin as a dressing. For dinner, I like a lot of stir-fries with prawns and noodles, I like making ramens because they're easy and quick. I quite like chicken and orzo too. I have type 2 diabetes, and made a few changes along the way – I just know what works for me. I eat sweet potatoes over regular potatoes, and instead of pasta I'll have courgetti.

Any snacks?

Apple and peanut butter, or my famous dessert which everyone at *Corrie* loves is to get a digestive biscuit, spread it with Philadelphia cheese and low- sugar strawberry jam, it's basically a healthy cheesecake.

Do you drink alcohol?

I stopped drinking alcohol during the pandemic because, although I always liked my red wine, like most things it became a habit. When the pandemic happened, I think everyone drank even more during it. I did Dry January, then went back to drinking for a bit, I ended up giving it up for another month, and then I just never started again. It doesn't do much for me, and I prefer my life without alcohol in it. I thought you couldn't have fun if you didn't have a drink, and I've realised that thought isn't true. I don't give into peer pressure, and I'll just drink non-alcoholic wine at home instead.

What is the strangest thing you've ever eaten?

I tried a crocodile's foot in the *I'm A Celeb* jungle in 2022. It was a gnarly foot with a nail, which you had to pull out and it was about five inches long.

What's your favourite comfort food?

I like quite old-fashioned meals like a stew, mince and dumplings or a casserole.

Do you have a guilty pleasure?

Without a doubt, it's a bar of Cadbury's Dairy Milk.

What would you make if you were cooking to impress?

I'm always scouring the internet for new recipes. I'd do a slow-roasted lamb with pomegranate molasses, and a tahini dressing over a salad.

● *Sue wears the Dexcom ONE+ - the latest CGM from Dexcom that is easy to use and was specifically created to fit the needs of people with type 2 diabetes.*

By Neeru Sharma. **Pictures** Marco Vittur, Shutterstock, Instagram

All round to Sue's for slow-roasted lamb...

SCALING NEW HEIGHTS

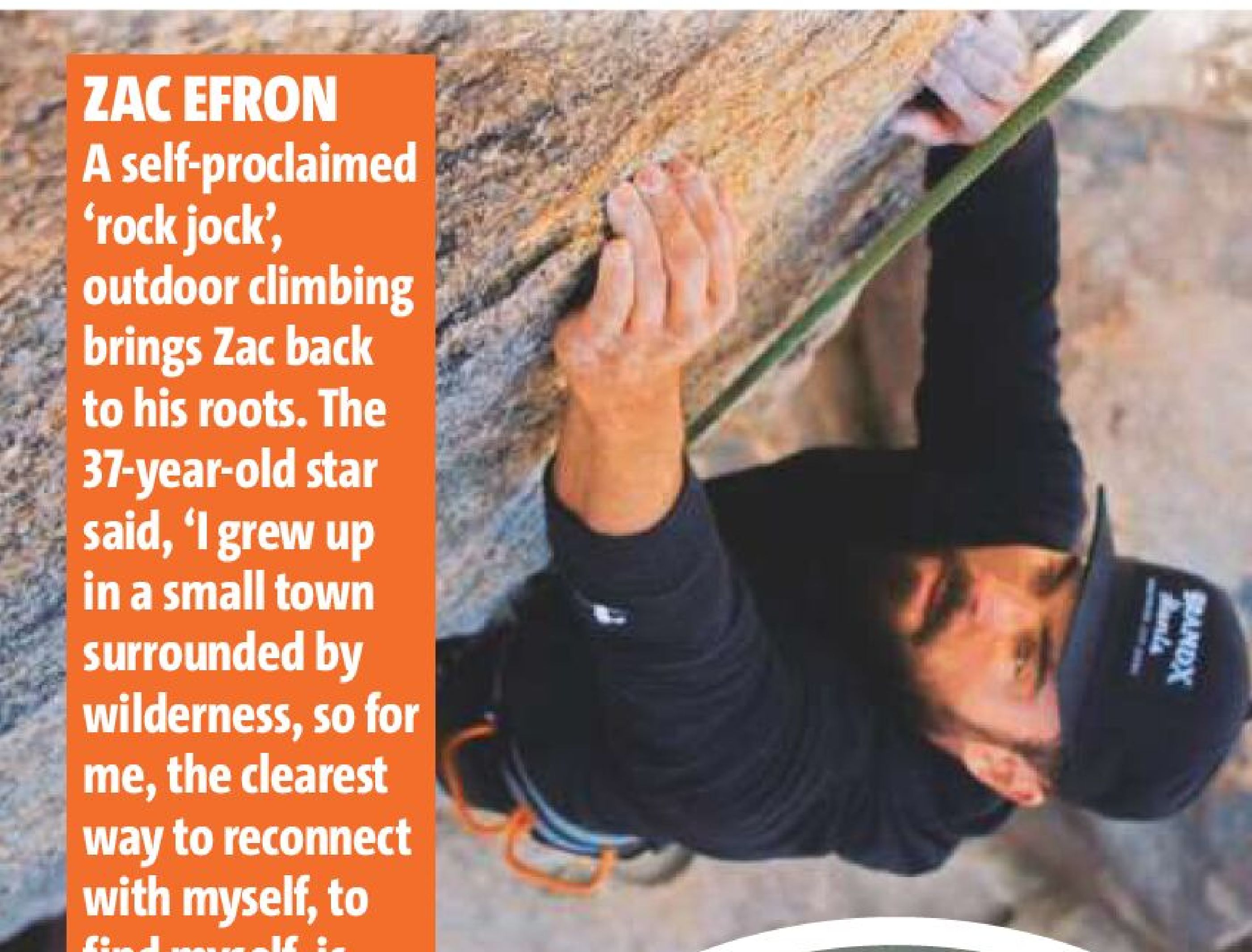
These A-listers love being on top of the world

JASON MOMOA
The *Aquaman* star loves climbing so much that he made a reality show about it. Jason, 45, started when he was 13 and had a wall at his LA home. 'It keeps my mind in a beautiful place,' he said.

JARED LETO
Jared, 52, started climbing when he filmed the series *Great Wide Open* in 2016. He likens the activity to performing live, saying, 'It's full on for a couple of hours. You're exhilarated, but you're working your body in a really intense way'.

LADY GAGA
Gaga, 38, maintains her toned and lean physique through climbing. The *Poker Face* singer – whose real name is Stefani Germanotta – shared a photo of herself harnessed up to do via ferrata (assisted rock climbing), shimmying up a very smooth-looking canyon face.

RUBY BARKER
Bridgerton's Ruby dislocated her elbow during a recent bouldering session. The 27-year-old actor, who played Marina Thompson in the period drama's first series, said her experience has made her more cautious. 'I'm only rope climbing from now on,' she assured fans.



ZAC EFRON
A self-proclaimed 'rock jock', outdoor climbing brings Zac back to his roots. The 37-year-old star said, 'I grew up in a small town surrounded by wilderness, so for me, the clearest way to reconnect with myself, to find myself, is through the wilderness.'

FLORENCE PUGH
Actor Florence, 28, is also a big fan of the sport, having been introduced to mountain climbing by her grandmother. 'My gran is a bit of an adrenaline junkie. We'd go climbing. She goes climbing with her friends,' she said.

BRIE LARSON
'This was the toughest thing I've ever done. Climbing the Grand Teton is NO joke,' said Brie as she shared footage of her bouldering an indoor wall. That's one way that the *Captain Marvel* star, 35, keeps fit.

By Shereen Low. **Pictures:** Instagram

COMMUNITY CASHBACK

Deposit and spend £10 or more Monday to Sunday to be entered into our weekly draw

Prizes include £75, £50 and £25

3 CASH PRIZES TO BE WON

PLUS A PRIZE FOR EVERYONE

www.takeabreakbingo.co.uk/community-cashback

Take a Break bingo

18+ promotion runs every week of the month. Players who deposit & spend at least £10 during the week are entered into a Community Cashback draw. 3 Star prizes will be awarded to players but all players that qualify will win a set prize each week. A minimum of £10 deposited & spent each week qualifies the player to the draw. Full T&Cs Apply. Please play responsibly. Begambleaware.org

BeGambleAware.org GAMSTOP 18+

NATIONAL GAMBLING HELPLINE 0808 8020 133

SCAN TO PLAY!

SELL YOUR STORY FOR CASH!

Win! 4x £100 QUESTION Time

Our Lives

The only way is SEXY!

'You're perfect as you are'

EARN UP TO £1000! T&Cs APPLY

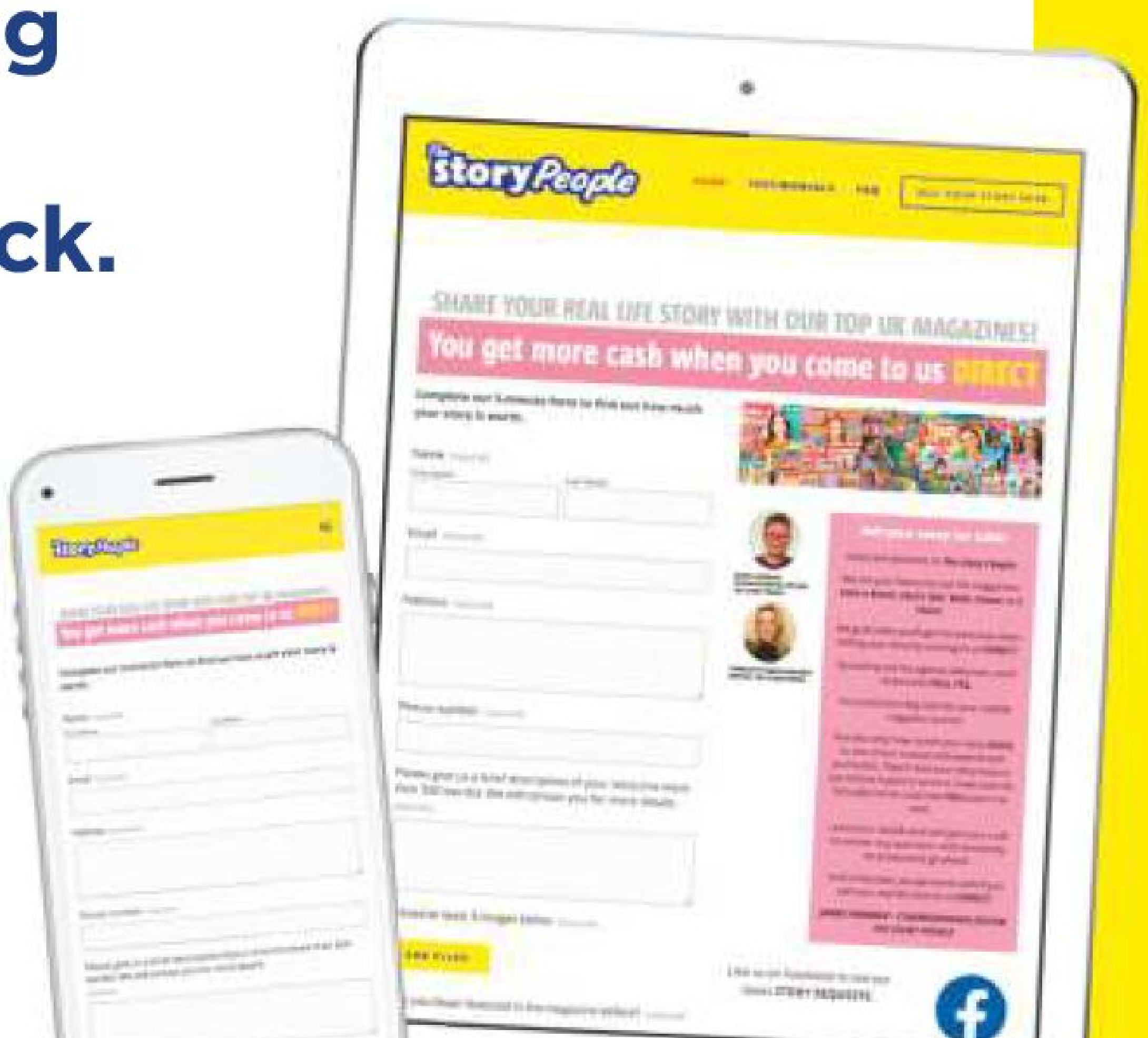
GOT AN INSPIRING TRANSFORMATION STORY?

Settling down into family life put Gayle's exercise regime on hold, and her weight soon crept up. But after seeing how a gastric sleeve had helped TOWIE star Arg, she went for the procedure too and she's never looked back.

Gayle used The Story People to share her gastric sleeve triumph, and you can too.

The Story People

Fill in the 5-minute form on our website to find out what you could earn today or email us at mystory@bauermedia.co.uk



SHARE YOUR REAL LIFE STORY WITH OUR TOP UK MAGAZINES!

You get more cash when you come to us DIRECT

thestorypeople.co.uk

scan me!